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## YES, BUT IS IT FURNITURE?

MORE CONSUMERS SEEING 'FUNCTIONAL ART' AS AN INVESTMENT

PAGE 32

## Paragliding's rep may be going to pot

Apparently there's this guy called Fan-man who swoops down real low in marijuana fields and sells the location deets to criminals

PAGE 13

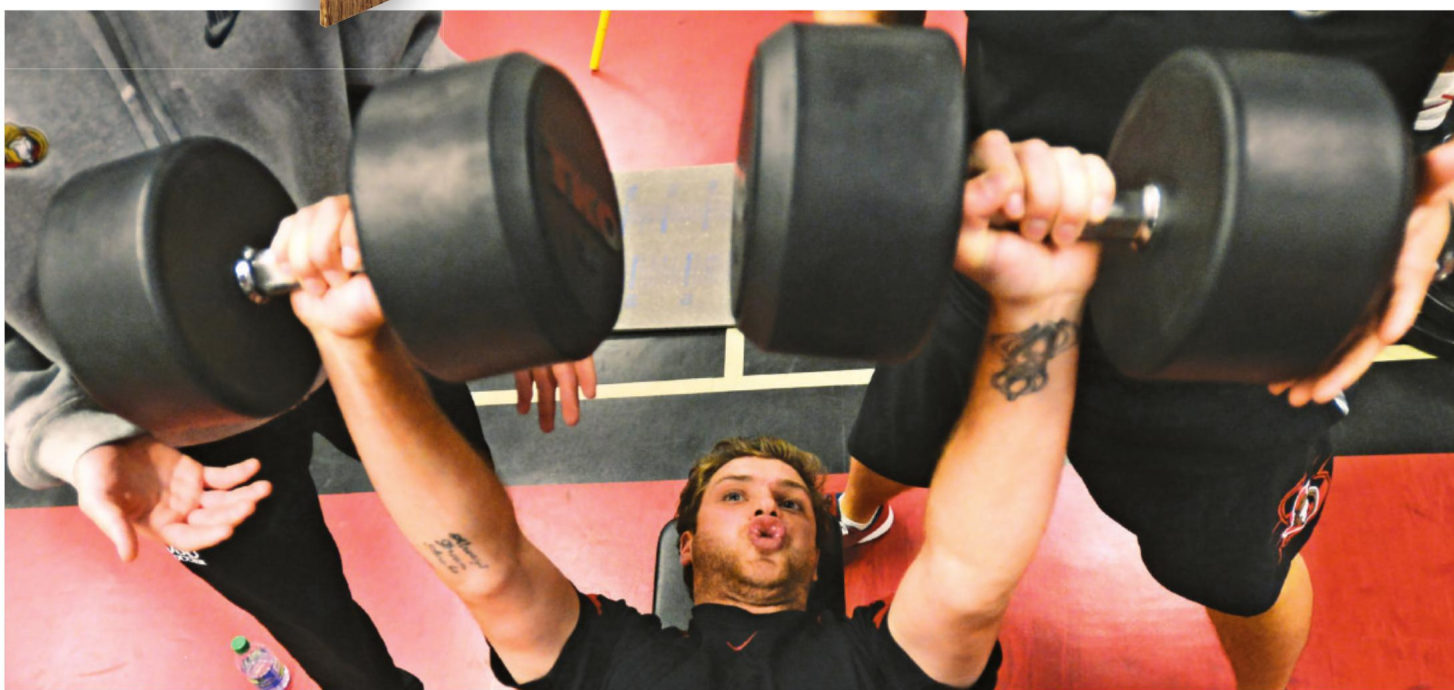
## Unconstitutional, xenophobic and union-approved?

Only one of these descriptors of Quebec's charter of values is a hard fact, but for what it's worth the mayor doesn't much like it

PAGES 4, 10

NO BOY BANDS

LIVE 88.5fm



# PRE-SEASON PUMP UP

Ottawa Senators' Bobby Ryan takes part in physical fitness testing on the first day of training camp in Ottawa on Wednesday. It was the first camp in 18 years without longtime captain Daniel Alfredsson. For more on the new team and what its players think about the upcoming season, see story on page 42. SEAN KILPATRICK/THE CANADIAN PRESS

# Casino feud? What casino feud?

## 'It's been dealt with.'

Pointed barbs from Senators owner parried with backhand shots from mayor

STEVE COLLINS  
ottawa@metronews.ca

Ottawa Senators owner Eugene Melnyk's latest shots at

Mayor Jim Watson seem to have been fired on an empty net.

Melnyk vented his frustration Tuesday on Toronto radio that his proposal for a gaming facility at Canadian Tire Place was shut out by council, who voted Rideau Carleton Raceway as the only acceptable casino location.

"I don't know what planet he has flown in from," Melnyk said of Watson.

Watson said he's already moved on.

"I don't believe that those kinds of name-calling comments are helpful," Watson said Wednesday.

"I've always said that the casino issue is not a priority for me. So it's been dealt with and we have other, more important issues that we have to deal with."

Watson also played down Sens president Cyril Leeder's

resignation from the board of the Ottawa Convention Centre, the Ottawa Tourism and Development Committee and the 2017 Task Force, which plans capital celebrations for Canada's 150th anniversary.

"Everyone is replaceable, and while we'll miss his input and his sage advice, that's his decision, or Mr. Melnyk's decision, and we'll live with that and we'll move on," he said.

"We've got a lot of talented

people that will continue to get involved in all the activities that are important to growing our city."

Watson also denied the city's relationship with the Senators was strained.

"Later this fall we'll be opening up an off-ramp that the city and the province have put close to \$750,000 into, to make it easier for people to go by bus to Senators games," he said.

## YOLO, I'm sick of rolling solo: Neko Case



Musician says she doesn't like playing or practising alone, a feeling she attributes to growing up without family

PAGE 25

## 'How clueless ... can you be'

On the 12-year anniversary of the Sept. 11 terrorist attacks in New York City, Logan airport in Boston holds a fire drill — complete with smoke and flames

PAGE 8



## Seriously, how much money do you make?

Statistics Canada releases third and final 2011 National Household Survey, which illustrates how much Canucks earn

PAGE 12

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**Arrest made**

## Suspicious fire investigated

Gatineau police are investigating a suspicious fire that wrote off two vehicles near the intersection of Thomas and Dalhousie early Wednesday morning. An 18-year-old male was arrested at the scene, and police are investigating possible connections to a botched molotov cocktail arson outside Flixx bar early Aug. 26. **STEVE COLLINS/METRO**

**Near Blair transit station**

## Alleged swarming leads to charges

Police have charged one adult and two youths in an alleged Monday night swarming near Blair transit station. Three males surrounded a male victim around 9:30 p.m. One produced a knife, cops say. They demanded his cell-phone, but the victim ran away and the suspects were located a short time later by OC Transpo Security and arrested by police. Jordan MacDonald, 21, of Ottawa, and both teens are charged with robbery with an offensive weapon. **METRO**

**In July and August**

## Road users get slapped with charges

Gatineau and Ottawa police's selective traffic enforcement program targeted cycling safety, unsafe vehicles, pedestrian safety and speeding during July and August, resulting in more than 3,673 charges being laid against road users. **METRO**

# Coach charged in '87 alleged sex assault

A bantam-level hockey coach was charged with abusing a young boy in Ottawa between 1987 and 1991 on Wednesday.

Police arrested Kelly Jones, 57, and charged him with sexual assault, sexual interference, invitation to sexual touching and sexual exploitation in connection with the allegations. The

boy was 11 years old at the time the assaults began.

Jones was invited to police headquarters on Elgin Street and arrested after meeting with police. He was a coach for multiple Ottawa-area teams at the bantam level at the time of the alleged assaults. The investigation was sparked when the victim came forward

in March 2013. A police spokesman said the hockey league that Jones coached for no longer exists.

Jones appeared in court Wednesday afternoon for a bail hearing and was released on a \$10,000 bond with a number of restrictions including not being in the company of kids under 16 without a guardian

present. His next court date is Sept. 17.

Police indicated there could be more victims and asked anyone with information to contact the Ottawa Police Service sexual assault/child abuse unit at 613-236-1222, ext. 5944 or Crime Stoppers at 613-233-8477.

**GRAHAM LANKTREE/METRO**

# Ottawa Heart Institute CEO looks to the future

## Hail to the new chief.

Dr. Thierry Mesana, former cardiac surgery division chief appointed to top job



**GRAHAM LANKTREE**  
graham.lanktree@metronews.ca

Surgical robots, heart imaging, and a 50 per cent expansion are a few of the things the Ottawa Heart Institute's new CEO said he must navigate as he assumed the helm Wednesday.

"I think that robotic surgery can make a breakthrough if we do it right," said Dr. Thierry Mesana, former chief of the organization's cardiac surgery division, after he was announced as the institute's third CEO, succeeding Dr. Robert Roberts. He will fully step into the role April 1, 2014.

Mesana imagined robots are further in the organization's future, but said MRI cardiac imaging can be brought in sooner. "It's something we need in the Heart Institute to expand fur-



Lawrence Soloway, left, chair of the the Ottawa Heart Institute's board of directors, named Dr. Thierry Mesana, former chief of the organization's cardiac surgery division, as its new CEO Wednesday. **GRAHAM LANKTREE/METRO**

ther our capacity for diagnostics and better treatment for patients," he said.

In recent years the hospital was ranked in the top two per cent of research facilities in the world. It also reports 98 per cent patient satisfaction. Under Roberts, who lead the organization for the past nine and a half years, a planned \$198.1 million expansion was approved and

will add 185,540 square feet to the building's existing 307,000 square feet.

"We have great financial challenges ahead of us," said Lawrence Soloway, chair of the institute's board of directors, of the upcoming expansion. Soloway called Mesana "a remarkable leader who has contributed immensely to the institute's growth and success over the

last 12 years," noting that he is the best to head up the organization as changes are afoot.

As he steps into the role, Mesana said he won't quit operating. "By keeping doing surgery I'll be working closer to the team and getting in the trenches," he said. "Being closer to them is going to help me understand what is going on in here."

1 NEWS

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## Watson. Quebec charter of values is 'nonsense'

Mayor Jim Watson questioned the Quebec government's priorities over its charter of values, which proposes to ban the province's public servants from wearing religious symbols on the job.

"The Quebec government can do what it wants, but I think it's very divisive and almost laughable what they're trying to do by dividing the religious communities and multicultural communities in the province of Quebec, and, you know, the nonsense of going around and measuring crucifixes and Stars of David and so on," Watson said Wednesday. "They should be concentrating, like every level of government, on economic development and important issues and not try to divide communities."

Council had just passed a motion expressing support for "unrestricted labour mobility" for Ontario construction contractors, truckers and haulers working in Quebec.

Carleton-Mississippi Mills MPP Jack McLaren has been

**Controversy continues**

For more, see page 10.

calling attention to restrictions Ontario workers face in Quebec, and introduced a private member's bill calling for retaliatory measures against Quebec contractors and truckers working in Ontario.

Bill 80, subtitled "Fairness Is a Two-Way Street," is to be debated on second reading in the Ontario legislature Thursday. McLaren had asked for council's support.

"He wanted us to endorse his bill and it was clear after consulting members of council and the construction industry that they did not support his bill," Watson said. "What we're trying to do is start the dialogue with all political parties to come up with a solution that is actually going to help and not hinder the construction industry in Ottawa."

STEVE COLLINS/FOR METRO

## OC Transpo. City, students at odds over bus passes

The head of the city's transit commission says she was surprised by the negative tone in a press release sent out by students who met with her and Mayor Jim Watson Tuesday to ask OC Transpo to remove the age cap for monthly student bus passes.

"Mayor Watson treated the meeting as a cheap PR exercise for his administration," said Anne-Marie Roy from the Student Federation of the University of Ottawa in the release. "It is inexcusable for the mayor to think he can get away with transferring his lack of financial oversight onto the backs of

students."

"The mayor and I spent an hour and 40 minutes with the students. We had what I thought was a very good, comprehensive discussion of the issues," said Diane Deans.

For the past several months, local students have banded together in their call to have a universal discounted price for all students. Currently, students over 19 pay the adult price.

Students under 19 can buy one for \$20 less per month.

Removing the cap would leave the city with a \$2.9-million shortfall in lost revenue, said Deans. **JOE LOFARO/METRO**



Jackson, a pug-beagle mix, disappeared from his Fitzroy Harbour home on June 22. CONTRIBUTED

# Dog snatcher on loose?

**Rumours.** Despite frantic online posts, cops say there's no evidence pooches are being stolen en masse in Ottawa Valley

The arrest of two teens Wednesday in the theft of a pug dog did little to ease the minds of Ottawa Valley residents who believe a larger dog-theft ring is at work in the region and want police to step up.

"I think there's definitely something wrong going on with dog theft in the area," said Amy Robillard, whose pug-beagle crossbreeds, Jackson and Bailey, have been missing from her Fitzroy Harbour

yard since June 22.

Robillard said a neighbour's dog disappeared not a month after her dogs went missing. It was found five days later in Chesterville, 90 minutes away from their home.

"The dog had been sitting at a corner in Chesterville for two days," she said, adding it had a new collar. A string of other thefts and odd incidents have pet owners in the region on their toes as groups such as the Friendly Giants Dog Rescue circulated warnings to residents via social media. Posters warning of thefts also appeared at pet-food stores in the area in late August.

"Dog snatcher in Ottawa Valley! Dogs are being stolen and used as bait for dog fight training," said one poster found on the Friendly Giants

Dog Rescue Facebook page. The poster warns of an incident reported Aug. 24 where an Almonte woman who let her dog run off-leash. "She noticed a man standing at the edge of the lot, with rubber gloves and rope," said an OPP release. "He claimed he thought the dog was a stray, and that he had been planning to take the dog to Animal Control."

However, there is not much to indicate there is a pet-theft ring operating in the valley, said OPP Const. Rob Prophet with the Grenville County-Prescott detachment. "Personally I'm not aware of it," said Prophet, noting that a 16- and 17-year-old arrested for stealing a pug dog and video-game systems in a string of break-and-enters Sept. 8 "are known

to us in town."

"We know the OPP are looking into it," said Natalie Pona, a spokesperson for the Ottawa Humane Society, adding no incidents have been reported in the city of Ottawa. "It's a rumour. We are aware that there are reports," she said, noting the society's lead inspector who has been with the organization 25 years has never seen "anything like this happen in Ottawa."

Robillard isn't giving up hope that her dogs will be found. "We've been watching Kijiji for them," she said. She said she purchased one of her two dogs for \$800. "The fact that they are gone and no one has seen them makes me believe that they are with someone."

GRAHAM LANKTREE/METRO



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# Ottawans vying for tops in the Amazing Race Canada

**Finale.** Contestants' lips are sealed on winner

Two Ottawa teams in the Amazing Race Canada are going to be racing to the finish with a third team in the finale next Monday night on CTV.

Sisters Celina Mziray and Vanessa Morgan are up against brothers Jody and Cory Mitic after entertaining crowds in Nova Scotia during Monday's broadcast. Mziray, Morgan, and Jody are based in Ottawa, while Cory lives in Alberta.

"I didn't expect not to be in the finale," said Jody Mitic in an interview Wednesday.

He lost both his legs below the knee after stepping on a land mine in 2007 during a tour as a sniper in Afghanistan with the Canadian military.

Mziray, 30, gave up her job in the federal government before going on the show with her younger sister. "It's been fun to watch, but embarrassing at the same time."

She said the hardest part was a challenge in Regina

where teams had to make a bed to an RCMP sergeant's standards. "One of the sergeants was shouting at us, and when you see me crying it's after seven attempts of doing it and him shouting," she said. "Being the only girl team and the smallest ones there, we had to face a lot of challenges, especially with the strength."

Mitic said he's spent nearly every Monday night at the Boston Pizza on Innes Road watching the show with supporters.

"A lot of people want to know who won, and of course I can't tell them," he said. "The fans are awesome support."

The pairs will be racing against Tim Hague Sr. and Tim Hague Jr. from Winnipeg.

On Monday, all nine teams will be reunited for the final broadcast, followed by a live, one-hour special from Toronto after the winner is announced. The winning team will go home with \$250,000, free flights for two people for a year with Air Canada, and two 2014 Chevrolet Corvette Stingrays.

The finale will air Monday at 9 p.m. on CTV. **JOE LOFARO/METRO**



From left: Celina Mziray and Vanessa Morgan from Ottawa and Jody and Cory Mitic are the last contestants remaining in the Amazing Race Canada. The finale airs next Monday at 9 p.m. ET. CONTRIBUTED

## Sons of Anarchy star to visit Hawkesbury



Charlie Hunnam GETTY IMAGES

It will be 50 shades of anarchy in Hawkesbury Sept. 14 to 15.

That's when Charlie Hunnam, star of the FX television show Sons of Anarchy and newly cast as Christian Grey in the movie adaptation of E.L. James's Fifty Shades of Grey, visits Goulet Motosports Harley-Davidson in the eastern Ontario community.

Hunnam's first visit to the community follows sold-out visits from former Sons cast member Ryan Hurst (Opie) in March and current cast member Tommy Flannagan (Chibs) in June. Hunnam, 33, will be at Goulet Motosports Sept. 14 from 5 to 10 p.m. for a meet-and-greet, autograph signing and dinner under an

outdoor tent. The cast visits to Hawkesbury are a partnership between Goulet Motosports and Full Throttle Events, a promotions company based in Lachute, Que.

"It was an idea that I had when I first met the cast in Texas," said John Younkier of Full Throttle Events. "They were excited about it."

The events draw not only local residents, but also fans from Ottawa, Montreal and beyond.

Younkie says fans of the British-born Hunnam are in for a treat.

"He is a real down-to-earth kind of guy. He enjoys meeting the fans," Younkier said. **THERESA FRITZ/METROLAND NEWS SERVICE**

### Sunday's triple bill

The Sept. 14 event is sold out, but fans needn't despair. Castmates Flannagan and Mark Boone (Bobby) will join him Sept. 15 for a fall motorcycle ride. The ride costs \$25 and includes breakfast.

- Kickstands will go up at 11 a.m. for the ride with the actors as grand marshals.

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# U.S. Arabs divided over Syria crisis

**'An elephant in the room.'** Opposing viewpoints over U.S. intervention exposing tension in Middle Eastern communities

Sawsan Jabri and Osama Siblani share Middle Eastern roots and the American dream. They also represent dissension among Arab-Americans over Syria's civil war and ideological, political and regional differences.

Jabri, a doctor from Syria, teaches microbiology. Siblani came from Lebanon to be an engineer and publishes the influential Arab-American News.

Each speaks for opposing camps. Jabri is a spokeswoman for the Syrian Expatriates Organization, a lobbying and fundraising group that staged rallies in support of the U.S. backing rebels in Syria's civil war. Siblani has opposed U.S. intervention through counter-demonstrations and the opinion pages of his newspaper.

When it comes to Syria, Siblani says, there's little room for agreement.

"I have been in this business for 29 years," he said. "I have never seen the community divided as much as we are divided today.... It is an elephant in the room all the time."

Siblani and Jabri agree that Syria has divided the U.S. Arab community despite a history of coexistence among religions, Islamic sects or countries.

## A long history

Positions on Syria have highlighted Arab ties to the U.S. that date back more than a century, when immigrants from the Arab world started arriving en masse.

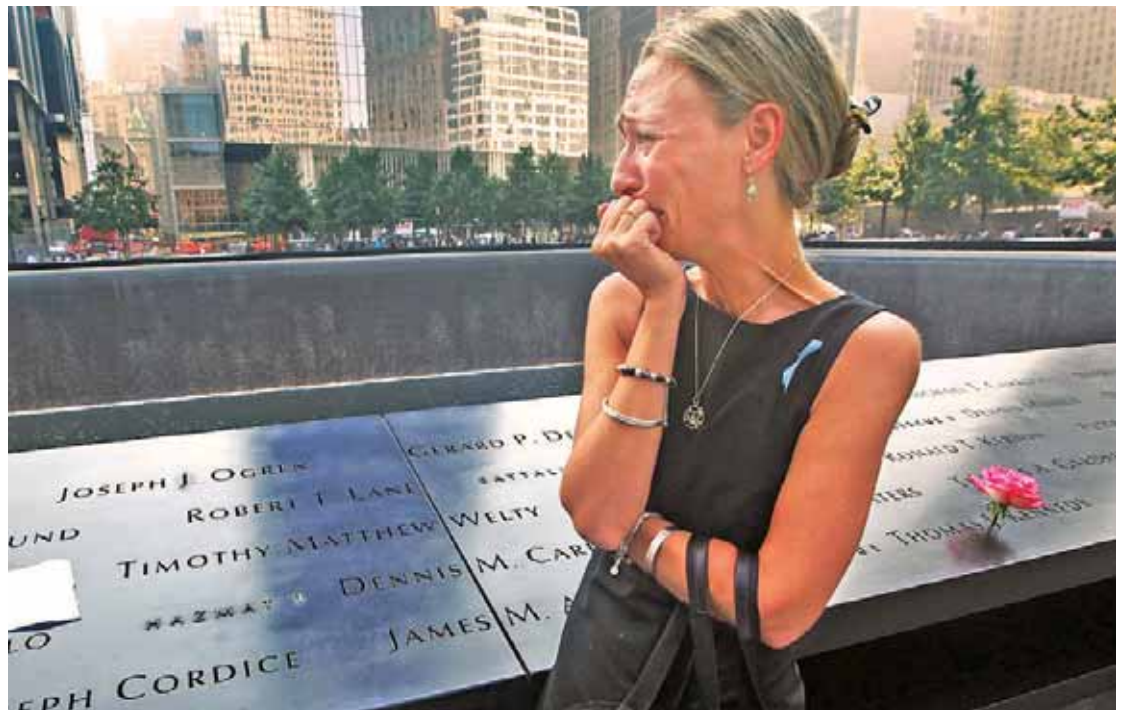
- They originally came from what today are known as Syria, Lebanon, Jordan, Israel or the Palestinian territories but then was Ottoman-controlled Syria.
- The Syrian community in the U.S. is estimated to be about 150,000 people, but the number could be much higher if it reflected all those who trace their roots to early 20th-century Greater Syria.

"I don't know what's happened — people became more into everyone's identity," said Jabri, who contends that Assad's regime has used chemical weapons numerous times and he should be toppled and prosecuted. "The separation is not working in our direction."

Some of the rising tension reflects what's happening in community members' homelands. Lebanon and Syria share a complicated history and a web of political and sectarian ties and rivalries, and Syria's civil war next door has intensified divisions.

"The situation gets very tense when you try to say who is responsible for what," Siblani said.

THE ASSOCIATED PRESS



## 12 years after 9/11 attacks, pain remains strong for many

Carrie Bergonia of Pennsylvania looks over the name of her fiancé, firefighter Joseph Ogren, at the 9/11 Memorial in New York Wednesday during ceremonies marking the 12th anniversary of the attacks on the World Trade Center. CHRIS PEDOTA/THE ASSOCIATED PRESS

## Boston. 'Clueless' airport fire drill condemned

Officials at Boston's Logan International Airport are apologizing for holding a fire drill, complete with smoke and flames, on the 12th anniversary of the Sept. 11, 2001, terrorist attacks.

The two hijacked jets that were flown into the World Trade Center towers in New York flew out of Logan. The runway fire drill, announced on the airport's Facebook page, drew harsh condemnation.

The Massachusetts Port

Authority, the agency that runs the airport, said in a statement that it "apologizes for conducting the fire training exercise and understands that it may have offended many of those touched by the events of Sept. 11."

Several events were held at the airport to mark the anniversary.

"How clueless and insensitive can you be," one woman wrote on the airport's Facebook page.

THE ASSOCIATED PRESS

## Benghazi. Bombing marks first anniversary of attack

A powerful car bomb exploded Wednesday near Libya's Foreign Ministry building in the heart of Benghazi, exactly one year after the attack there that killed the U.S. ambassador and three other Americans.

The early-morning blast on the 12th anniversary of the Sept. 11, 2001, terror attacks in the U.S. caused no serious casualties, though several passersby were slightly wounded, authorities said.

No group immediately claimed responsibility for the

assault. However, the bombing targeted a building that once housed the U.S. Consulate during the rule of King Idris, who former Libyan dictator Moammar Gadhafi overthrew in a bloodless coup in 1969.

The bomb blew out a side wall of the building, leaving desks, filing cabinets and computers strewn among the concrete rubble. It also damaged the Benghazi branch of the Libyan Central Bank along a major thoroughfare in the city. THE ASSOCIATED PRESS

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## UBC. Student execs quit over frosh chant that appeared to endorse rape

Two student executives with the University of British Columbia's commerce undergraduate society have quit after a frosh-week chant recited by students appeared to endorse rape.

President Enzo Woo says the performance of the offensive chant at the society's orientation event on the Labour Day weekend should never have happened.

He says the fact the chant is tradition isn't an excuse and doesn't make the offence less serious, and that he is deeply sorry it happened.

Gillian Ong, the society's vice-president of engagement, has also quit, saying

### Not the first time

A similar incident at Saint Mary's University in Halifax recently prompted the resignation of the president of the student association.

she hopes the society is now free and clear to implement changes.

The society says it will end its annual frosh orientation event and will work with the Sauder School of Business to ensure any future activities are in line with a positive environment for new students.

THE CANADIAN PRESS

### Long-term care

## Advocate stands by accusation of mice-biting

A health-care advocacy group is standing by its claim that a disabled woman in a long-term care home in southern Alberta was bitten by mice.

The allegation made public earlier this week by Friends of Medicare is being refuted by the organization which runs the St. Therese Villa facility in Lethbridge. Covenant Health said there is no medical evidence that the woman was bitten by rodents. THE CANADIAN PRESS

### Coming forward

## Reports of sex assault in U.S. navy on rise

The number of sexual assaults being reported to the U.S. navy has grown by about 50 per cent.

The navy said it is on pace to end the 2013 fiscal year with more than 1,100 sexual assaults, up from 726 the previous fiscal year.

The navy's sexual-assault prevention and response officer, Rear Adm. Sean Buck, says the increase is a sign sailors feel more comfortable coming forward.

THE ASSOCIATED PRESS

# Shooter won't get out of prison for 40 years

**Security guard killings.** Sentence based on 2011 law that allows consecutive parole terms for multiple murders

A judge has sentenced an armoured-car guard who gunned down four of his crewmates during a robbery to life in prison with no parole for at least 40 years.

Justice John Rooke accepted a joint submission from the Crown and Travis Baumgartner's defence lawyer.

The sentence is based on a federal law passed in 2011 that allows consecutive parole terms in cases involving multiple murders.

The Crown has called it a first for Canada and the toughest sentence for a crime since the country's last execution in 1962.

Baumgartner, 22, pleaded guilty earlier this week to one count of first-degree murder, two counts of second-degree murder and a charge of attempted murder.

He shot his fellow guards during a routine night shift reloading bank machines at the University of Alberta in June 2012.

Court heard that Baumgartner was in debt after buying a



Joseph Rejano, brother of Eddie Rejano, who was killed by Travis Baumgartner, speaks to media after the sentencing of Baumgartner in Edmonton on Wednesday. Baumgartner was sentenced to life with no parole for at least 40 years. JASON FRANSON/THE CANADIAN PRESS

### Sentencing

**"The deaths were senseless. It's difficult to describe the revulsion of society and this court and the public."**

Justice John Rooke, during sentencing in an Edmonton courtroom Wednesday.

new truck, owed friends money and had fought with his mother about paying rent in the hours before the shooting.

Rooke said Baumgartner could simply have taken the money and run rather than leaving three people dead and a fourth seriously wounded.

He said he had to find an

appropriate sentence to make sure that Baumgartner never hurts anyone again, but also to give him some hope for freedom to ensure his good behaviour behind bars.

A statement of facts entered in court said Baumgartner used his company gun to shoot three of the guards as

they had their backs to him, then returned to the waiting armoured truck and shot a fourth co-worker. The victims didn't have a chance to remove their own guns.

Baumgartner killed Eddie Rejano, 39, a father of three who had started working for the company six months earlier; newlywed Michelle Shegelski, 26; and Brian Ilesic, 35, the father of a daughter.

Matthew Schuman, who was 25 at the time, was rushed to hospital and survived a bullet to the head.

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Premier Pauline Marois talks to reporters Wednesday about the charter of values. JACQUES BOISSINOT/THE CANADIAN PRESS

## PQ's charter gets influential support

**Quebec.** Civil-service union applauds the Parti Québécois for trying to keep government offices religiously neutral

**Quoted**

**"I think we need to set clear guidelines for how we live together."**

Quebec Premier Pauline Marois, in her first public comments since the plan's release Tuesday. On her way to a cabinet meeting Wednesday, the premier said she was "very proud" of the proposal.

The Parti Québécois' controversial charter of values has received the staunch support of an influential backer: a union representing provincial civil servants.

The SFPQ union, which has 42,000 members, applauds

the government for "finally" tabling a policy that would ensure the religious neutrality of government offices.

The PQ plan would forbid Quebec's public employees from wearing more visible re-

ligious symbols — including hijabs, turbans, yarmulkes and larger-than-average crucifixes.

"We're obliged to keep our political opinions to ourselves," union president Lucie Martineau said Wednesday.

"We want that extended to our religious opinions."

Other unions have said they plan to consult members before taking a position.

The plan would be the most sweeping in North America, and critics call it a bureaucratic mess, unconstitutional or even xenophobic.

THE CANADIAN PRESS

## Harper's throne speech to start new session Oct. 16

A speech from the throne will usher in a new session of Parliament on Oct. 16.

Prime Minister Stephen Harper will ask the Governor General on Friday to prorogue the current session of Parliament, which had been set to resume next Monday.

Harper has said he wants to lay out the government's agenda for the next two years, leading to a scheduled fall 2015 election, with the throne speech.

A spokesman for Harper said the speech from the throne will focus on jobs and the economy, the same core

issues that won the Conservatives a majority in 2011.

The Opposition NDP has promised to keep pressing the government for answers on the Senate spending scandal that has embroiled three high-profile former Tory senators.

The coming prorogation, which Harper had confirmed in August, has drawn criticism from political opponents who say the government is simply trying to dodge questions about the Senate scandal in the House of Commons.

"The No. 1 priority for this

government, I do not have to tell you, will continue to be jobs and the economy," Harper said during his annual tour of the Arctic last month.

Special emphasis is expected to be placed on cementing a European trade deal and pushing ahead with major energy projects.

NDP Leader Tom Mulcair, at a summer caucus meeting in Saskatoon, said Harper should never have delayed the return of Parliament.

"We've got very straightforward questions for Stephen Harper, and he can run but he can't hide." THE CANADIAN PRESS

# Putin's proposal recaptures lost influence in Middle East

**Syria.** Proposal for the surrender of chemical weapons has shaken U.S., captivated globe

With a few days' worth of surprise diplomacy, Vladimir Putin has revived memories of an era many thought was long gone, when Washington and Moscow jostled for influence while others looked on.

Whatever happens with its proposal to relieve Syria of chemical weapons, Russia, at least for now, has re-emerged as a central player in the Middle East. And, for good measure, it is seen as a player that does not easily dump allies.

That's meaningful in a region where America's sudden abandonment of ousted Egyptian leader Hosni Mubarak two years ago has focused the minds of many authoritarians on the sometimes ephemeral nature of U.S. support.

By contrast, Putin braved outrage by standing by his Syrian ally, claiming publicly there was insufficient evidence that Damascus used chemical weapons on Aug. 21 — and even hinting he would somehow assist Bashar Assad in case of a military strike.

The way events ultimately play out — in impressions as well as with facts — will also

resonate with Iran, whose leaders are surely watching as the clock ticks toward another possible showdown, this one over their nuclear program.

"The message delivered in Syria will be carefully received in Iran," said Israeli Prime Minister Benjamin Netanyahu, who has been pressing the world to force Iran to abandon its programs before it achieves weaponization — a goal Tehran denies.

Complications may well bedevil a disarming of Syria's chemical weapons. With trust in short supply, verification will be an issue that could drag on, and some will doubt Syria has ever completely come clean. Security for inspectors may also become an issue, since the stockpile is believed to be scattered all around Syria — an unpredictable and ferocious war zone.

But an impressive thing has happened already: the arresting, at least for the moment, of what had looked like a march toward a U.S. military operation that domestic and world opinion did not want and might have skirted the edges of international law.

Even the administration of President Barack Obama seemed uncomfortable with the puzzling scenario, in which officials argued an at-



Syrians hold photos of President Bashar Assad and Russia's then-prime minister Vladimir Putin during a pro-regime protest in front of the Russian embassy in Damascus on March 4, 2012. MUZAFFAR SALMAN/THE ASSOCIATED PRESS FILE

## Equilibrium

**"Putin appeared to save Obama from a potential embarrassment.... Russia is on equal footing now as a power in the Middle East."**

Leon Aron, Russia policy expert at the American Enterprise Institute

tack is essential but also explained it must not alter the course of Syria's civil war

— betraying little desire to choose between a discredited dictator and a rebel move-

ment increasingly dominated by jihadi elements who hate the West.

That a face-saving climb-down might have been engineered by the Kremlin adds irony to a tactical victory. A Kremlin leader seen as a hard-hearted utilitarian, self-serving and occasionally brutal may find new associations with peaceful resolu-

tions and deft realpolitik.

Russia's proposal on Syria would be a comeback for a country that was gradually eclipsed in the region by the U.S. after the 1973 Middle East war, with Egyptian President Anwar Sadat expelling Soviet advisers, making peace with Israel and embarking upon a strategic alliance with Washington. **THE ASSOCIATED PRESS**

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# How much money are Canadians making?

Statistics Canada's third and final release of the 2011 National Household Survey data illustrates, among other things, how much Canadians earn and where they live.

THE CANADIAN PRESS



## The richest of the rich

For all the growing diversity the 2011 census and related surveys have portrayed in Canada, Wednesday's final release reveals a contrasting constant: the richest of the rich in Canada are married, middle-aged white men. The richest 10 per cent of individuals are making more than \$80,400. And the very rich — the 272,600 individuals that make up the top one per cent — are all making more than \$191,100. Those people are making an average of \$381,300 each, 10 times the average Canadian income of \$38,700.

## House-poor Canadians

One-quarter of Canadian households, about 3.3 million, spent 30 per cent or more of their total income on shelter, exceeding the Canada Mortgage and Housing Corporation's "affordability threshold." They paid an average of \$1,259 a month, surpassing the 30 per cent mark by an average of \$510. Sixty-nine per cent of households in Canada — 9.2 million out of 13.3 million — owned their dwelling in 2011, a marginal increase from 2006 compared with the more dramatic spikes in ownership of the previous 15 years. Four out of five households that purchased a home between 2006 and 2011 had a mortgage; one in five bought a condominium.



## Diversity in the workplace

As immigrant populations become more established and as women gain ground in the workplace, the income data will slowly start to reflect the broader diversity of the population, said Doug Norris, chief demographer at Environics Analytics. "Over time, I think you'll see that diversity creeping in." Already, the NHS shows second-generation immigrants are making far more money than the national median. And ethnic groups that are well-established in Canada, such as Japanese immigrants, are also well above the median.

## Student debt

### Tuition fees to keep on rising, says think tank

Canadian students hoping for some financial relief on the cost of their post-secondary education are in for disappointment over the next few years, a prominent think tank suggests.

A report from the Canadian Centre for Policy Alternatives forecasts the inflation-adjusted cost of an undergraduate university degree is expected to climb an average of 8.6 per cent over the next four years.

The inflation-adjusted cost of tuition and other fees averaged \$2,243 across the country in 1990, the report showed. That figure had climbed to \$6,254 for the 2012-13 academic year and is projected to keep rising. **THE CANADIAN PRESS**

## Keystone XL. Crusader stars in TV ads aimed at stopping the pipeline

American billionaire Tom Steyer's mission to stop the Keystone XL pipeline has gone into overdrive with the launch of an anti-pipeline TV-advertising campaign that will feature an ad this weekend from the site of a devastating oil sands pipeline spill.

The next chapter in the four-part campaign, dubbed "Bringing Down TransCanada's House of Cards: The Keystone Chronicles," shows the Democratic mega-donor in Mayflower, Ark., where an underground ExxonMobil oil pipeline burst in March.

In the ad, set to air during this weekend's U.S. Sunday-morning political talk shows, Steyer makes the case that pipelines pose a real and present danger to anyone liv-

ing near them.

Residents of the lakeside Arkansas community say they're still suffering health effects after an estimated 5,000 barrels of oil sands crude seeped from the pipeline and through a residential neighbourhood. One of the Mayflower home-owners who lives down-wind from the spill appears in the commercial.

"He was quite moved by what happened to these people," said Mike Casey, spokesman for Steyer's Next-Gen Climate Action. "The people who got it the worst in Mayflower weren't the ones whose basements were flooded; they were the people who lived down-wind and were exposed to air-borne toxins."

**THE CANADIAN PRESS**

## Pope my ride. Donated car a symbol of Pope Francis' efforts to help world's poor

Pope Francis now has his own mini-popemobile after getting a good deal on a used car that he plans to drive himself.

Rev. Ciro Benedettini, the Vatican spokesman, says Francis accepted the 1984 Renault 4, donated for free by a priest in northern Italy who used it to visit poor parishioners.

The four-door car, in papal white, is manual shift and has a new engine. Benedettini told The Associated Press on Wednesday: "The pope intends to drive it."

The donor, the 79-year-

### Cruising the Vatican

"The pope intends to drive it."

Vatican spokesman Rev. Ciro Benedettini on Pope Francis' donated 1984 Renault 4

old Rev. Renzo Zocca, says he took Francis for a short drive in the car at the Vatican on Saturday and that Francis told him he knows how to drive it.

Zocca said he thinks Francis will use it for short commutes on Vatican grounds.

THE ASSOCIATED PRESS



Pope Francis looks at a Renault 4 donated to him by Rev. Renzo Zocca, priest of Santa Lucia di Pescantina, in Verona, Italy, on Saturday. Zocca, 79, said Wednesday that he has dedicated his life to helping the needy, so when he saw Pope Francis' priority was to reach out to the world's poor, he donated his car as a symbol of this approach. L'OSSERVATORE ROMANO/THE ASSOCIATED PRESS

# Airborne bandit has pot growers on high alert

## The Fan-man.

Paraglider believed to sell co-ordinates of illegal crops to criminals

Marijuana growers in Eastern Ontario are keeping their eyes peeled this month for a legendary figure who roams the skies every harvest season: the Fan-man.

"The Fan-man is a guy that goes searching in cornfields for marijuana plants," says a rural property owner, who asked for anonymity for fear of retribution from members of the drug trade.

With a paraglider powered by a fan-like propeller strapped to his back, the Fan-man soars above area cornfields, using a GPS to pinpoint places where illegal marijuana grows, he says.

"What he'd do is literally fly real low, looking for these plants. He's been seen around the area by a lot of people — and there's most likely more than one."

The Fan-man is believed to sell GPS co-ordinates of illegal weed to criminals, who then camouflage and arm themselves at night to steal the plants. They're known in criminal circles as "pot pirates."

A spokesman for the Ottawa police service says the drug section is not aware of



John Sanzo, 62, demonstrates the sport of fan-powered paragliding. Sanzo says a report of another paraglider, the Fan-man, stealing marijuana hidden in Ontario cornfields is giving the sport a bad name. LAURA FREITAG/THE CANADIAN PRESS

the Fan-man.

Uninhabited rural stretches of Eastern Ontario and Western Quebec are well-known for illegal pot farming.

The Fan-man apparently hunts for green "holes" in between rows of corn where growers hide illegal marijuana. THE CANADIAN PRESS

### 'Pot pirates'

The rural property owner first learned about the Fan-man when he spotted someone soaring low with a powered paraglider over his cornfield.

- There are unconfirmed re-

ports of airborne shootouts with shady pot farmers brandishing shotguns.

- "It's a hell of a way to ruin the sport," paraglider John Sanzo said in an interview.

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# Even apes know importance of planning

**Study.** A sumatran orangutan will plot routes ahead of time and let out long whoop before setting out on heralded path

It's the ape equivalent of Google Maps and Facebook.

The night before a big trip, Arno the orangutan plots his journey and lets others know where he is going with a long, whooping call.

What he and his orangutan buddies do in the forests of Sumatra tells scientists that advance trip planning and social networking aren't just human traits,

A new study of 15 wild

## Planing ahead

**"This shows they are very much like us in this respect."**

Said study author Carel van Schaik, director of the Anthropological Institute at the University of Zurich

male orangutans finds that they routinely plot out their

next day treks and share their plans in long calls, so females can come by or track them, and competitive males can steer clear.

The researchers closely followed the males as they travelled on 320 days during the 1990s. The results were published Wednesday in the journal PLoS One.

THE ASSOCIATED PRESS



Apes plan ahead and "announce" their travel plans: Study. TORSTAR NEWS SERVICE

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## Fort McMurray

### Neil Young's anti-pipeline rant gets his music pulled

Neil Young can keep on talking in the free world, but Fort McMurray won't be listening.

A local rock radio station stopped playing the cranky legend's music for a day after he compared the oilsands city to Hiroshima after the bomb. With local opinion firmly against him, Young has been pulled from the Rock 97.9 playlist.

THE CANADIAN PRESS

## Manitoba

### Truck carrying beer crashes causing delays

Manitoba RCMP were overseeing mopping up operations after a truck carrying beer crashed.

Cranberry Portage RCMP say the semi was involved in a single-vehicle crash on Highway 10.

The driver was taken to hospital in Flin Flon and has been released.

But the highway was closed as officials cleaned up. THE CANADIAN PRESS



## World's largest lava lamp

Cressida Granger of the Mathmos lamp company poses for the media next to world's largest lava lamp as it went on display in London, Wednesday. The lamp originally developed in 1963, works by heating coloured wax that floats in a clear liquid from the light and heat source at the bottom of the lamp. ALASTAIR GRANT/THE ASSOCIATED PRESS



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# Lac-Mégantic cargo was as flammable as gas: Safety board

**Train disaster.** Oil on board should have been designated as more volatile; suitability of cars is also an issue

The crude oil that exploded into flame in the deadly Lac-Mégantic train derailment in July was as volatile as gasoline, but was documented as a less-dangerous product akin to diesel or bunker crude, the Transportation Safety Board says.

Lead investigator Don Ross said tests showed the oil was initially graded properly for road transport but was inexplicably downgraded when it came time to move it by rail.

"When we analyzed the product samples from the nine intact tank cars from the Lac-



Transportation Safety Board lead investigator Don Ross points to a dangerous goods indicator on a rail car during a news conference in Ottawa on Wednesday.  
ADRIAN WYLD/THE CANADIAN PRESS

Mégantic accident we identified the product as having the characteristics of a packing group 2 flammable liquid," he told a news conference Wednesday. "Packing group 2 is the packing group that gasoline is in."

The Lac-Mégantic oil was improperly identified as a less-hazardous packing group 3 product, and investigators

## Quoted

"The lower flash point of the crude oil explains in part why the crude oil ignited so quickly once the Class 111 tank cars were breached."

Don Ross, lead investigator, Transportation Safety Board

want to know why. "Is there any motivation? Why would that be shown the way it was, whether there was any commercial interest, any operating reason? We're asking all those questions," Ross said.

The July 6 crash killed 47 people and destroyed much of the centre of the picturesque Quebec town after the runaway train derailed and exploded in a fireball. **THE CANADIAN PRESS**



## Careless consumers are a key cause of food waste: UN agency

The UN food agency says one-third of all food produced in the world gets wasted, amounting to a loss of \$750 billion US a year. The Rome-based Food and Agricultural Organization said in a report Wednesday that food in developing countries is wasted mostly due to poor harvesting techniques, while in high-income areas the primary cause of waste is careless consumer behaviour. The most serious areas of waste are of cereals in Asia and meat in wealthy regions and Latin America. FAO stressed the importance of raising awareness among consumers. **TEXT: THE ASSOCIATED PRESS; PHOTO: GETTY IMAGES FILE**

## Denver

### Police look other way during pot giveaway

Denver police are defending their decision to stand down while dozens of people lit up marijuana cigarettes at a free pot giveaway in Civic Center park. Deputy Chief David Quinones tells the Denver Post the department didn't want to incite a riot Monday over a petty offence. Hundreds of people lined up to get free pot during an event organized by opponents of a statewide ballot question over taxing retail marijuana sales. **THE ASSOCIATED PRESS**

## Pot retailing

### Colorado finalizes rules on marijuana businesses

Colorado has become the first state in the U.S. to adopt final rules for recreational marijuana businesses. The rules cover licensing, tracking, packaging and advertising. According to the Denver Post, the first stores are expected to open around Jan. 1.

**THE ASSOCIATED PRESS**

## Market Minute

	<b>DOLLAR</b> 96.95¢ (+0.31¢)
	<b>TSX</b> 12,825.42 (+0.94)
	<b>OIL</b> \$107.56 US (+17¢)
	<b>GOLD</b> \$1,363.80 US (-20¢)
<b>Natural gas:</b> \$3.56 US (-2¢)	
<b>Dow Jones:</b> 15,326.60 (+135.54)	



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- September 18, 2013 at 2:00pm
- September 25, 2013 at 4:00pm



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## Autos. Feds, Ontario sell part of stake in General Motors

The federal and Ontario governments have sold a block of 30 million shares in General Motors valued in the neighbourhood of \$1.1 billion, a portion of the equity they received when they bailed out the automaker in 2009.

Finance Minister Jim Flaherty said in an email that the shares were sold at Tuesday's closing price of \$37 US on the New York Stock Exchange, minus a small discount.

With completion of the sale, the governments will continue

to hold more than 119 million GM common shares and 16.1 million GM series A preferred stock through a federal agency.

Both Ottawa and the Ontario government acquired GM shares in 2009 after having provided the ailing automaker with some \$10.6 billion in aid during the Great Recession.

The investment is held on behalf of the two governments by Canada GEN Investment Corp., a subsidiary of the Canada Development Investment Corp. **THE CANADIAN PRESS**



"Bilingue en peu de temps"

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August 23, 2013

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# IT ISN'T INTERESTING IF IT'S INFALLIBLE

I was a late convert to smartphones, and like most late converts to anything I quickly became a fundamentalist zealot.

Before, I scoffed at people who wouldn't look away from their screens for anything short of a fresh bullet wound. Now I know you can get valuable information from the tourniquet app, improve the look of that wound using Instagram, or ask, "Siri, what it's all about?" as you die.

Whether I'm texting with people miles away while sitting across a dinner table from friends, or checking the weather while walking outside, my phone does all the things I didn't even know needed doing.

And this week the most iconic of all smartphones released the details of its latest iterations. (I'm good at this.) The iPhone has not one but two new versions coming out soon, which means there'll be twice as many people standing in lines the morning of their release, just in case Apple only de-



HE SAYS

**John Mazerolle**

metronews.ca

cides to make a few hundred.

To commemorate this once-in-a-while event, here's a brief history of the iPhone to read as you queue:

**1993:** Apple releases its first personal digital assistant, the Newton, a technology that leads to one good Simpsons joke, and nothing else. However, the device's inability to tell what the user is actually trying to write is later used in the iPhones' autocorrect feature.

**1990s:** Apple CEO Steve Jobs, thinking about his legacy, works on being an inspiration to the world and an a-- to everyone he knows, leaving no time for the smartphone until 14 years later.

**2007:** Jobs unveils the very first iPhone. Its two-inch screen sits on a frame roughly the size of a tennis court, and its processor can do an amazing 14 calculations a minute. Its 2,700 vacuum tubes can only be purchased from the Apple Store.

**2008:** The iPhone 3G includes a phone that runs on a pre-

historic bird who chisels the images into a blank slate. The talking technology predates Siri, but doesn't catch on because of its corny one-liners.

**2010:** The iPhone 4 sends everything you do on it directly to the Oval Office. Apple is totally transparent about it, but nobody notices until three years later because it's written in one of those Terms of Agreement things and everybody skips to the accept button.

**2011:** Jobs uploads himself to the iCloud.

**Sept. 10, 2013:** Tech analysts say the new brightly-coloured, but less expensive iPhone 5C is likely meant to appeal to youth in emerging markets like China and India. The built-in cigarette lighter is a dead giveaway.

**Sept. 12, 2013:** The iPhone 24, speaking with the voice of Steve Jobs, comes from the future with its new time travel app to warn humanity not to allow Mark Zuckerberg's 2023 purchase of Apple. Before it can explain why, a 12-foot-tall robotic Zuckerberg reaches in from their time and pulls the phone back while letting loose a maniacal nerd-snort. Apple stock skyrockets.

## ZOOM

### Sitting in a tin can far above the world



NASA IMAGES

#### Stunning shot of a craft above Earth

It looks like a fancy beverage can — and is in fact carrying something worthwhile. This photo shows a Japanese unmanned spacecraft back-dropped against a land mass of Earth. The HTV-4 craft was launched by Japan's Aerospace Exploration Agency (JAXA) last month to bring supplies to the International Space Station.

METRO



On the HTV-4 was Kirobo, a 34 centimetre-high automaton which became the first robot to speak in space. It said, in Japanese: "On Aug. 21, 2013, a robot took one small step towards a brighter future for all. Good morning to everyone on Earth. This is Kirobo. I am the world's first talking robot astronaut. Nice to meet you."

#### Fiery plunge back home

After backing away from the ISS following a one-month stay, the HTV-4 craft (nicknamed Kounotori) — loaded with trash from the space station — plunged back to Earth for a de-orbit disposal. The craft burned upon re-entry into Earth's atmosphere, with surviving fragments shattering across a preplanned location in the Pacific Ocean. METRO

Clickbait



**ANDREW FIFE**

andrew.fife@metronews.ca

If you're of the sort who hasn't spent any time with a poem since the last time you were assigned one by a teacher, dip your toe back into the water with these frequently amusing Twitter accounts with a poetic heart.

**@GooglePoetics:** Crowd-sourced from the nonsense we're all guilty of asking Google about, this account finds surprising depth and humanity lurking in search terms suggested by Google's auto fill.

**@tricialockwood:** The mighty Patricia Lockwood was a published poet before signing up for Twitter. It just happens to be a lucky



REID/FICKR

stroke for all of us that the format is a perfect fit for her occasional surreal verses and pithy lines.

**@Pentametrone:**

An algorithm that keeps a vigilant eye out for tweets that happen to be written in iambic pentameter, though it may come as little surprise that the authors of its retweets typically don't have poetry in mind.

#### Worth Mentioning

#### Men with menopause? Yep, it's a thing

The ads tout testosterone treatments for "low T," but surprising new research shows a different hormone may play a role in less sex drive and more fat as men age. Estrogen — the female hormone — is needed by men, too, and the study gives the first clear evidence that too little of it can cause certain "male menopause"

symptoms.

"A lot of things we think are due to testosterone deficiency are actually related to the estrogen deficiency that accompanies it," said Dr. Joel Finkelstein of Massachusetts General Hospital. He led the study.

Testosterone is the main male sex hormone. Men's bodies convert some of it into estrogen, and levels of both decline with age. Until now, there was no way to tell which hormone was responsible for complaints of diminished libido, strength and energy. **THE ASSOCIATED PRESS**

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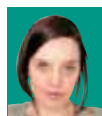
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## SCENE 2

## Get out of your mom's basement

**New shop opening.**

Wipe those pizza stains off your shirt and get down to Monopolatte for some face-to-face gaming

**BACKSTAGE PASS**

Jen Traplin  
ottawa@metronews.ca

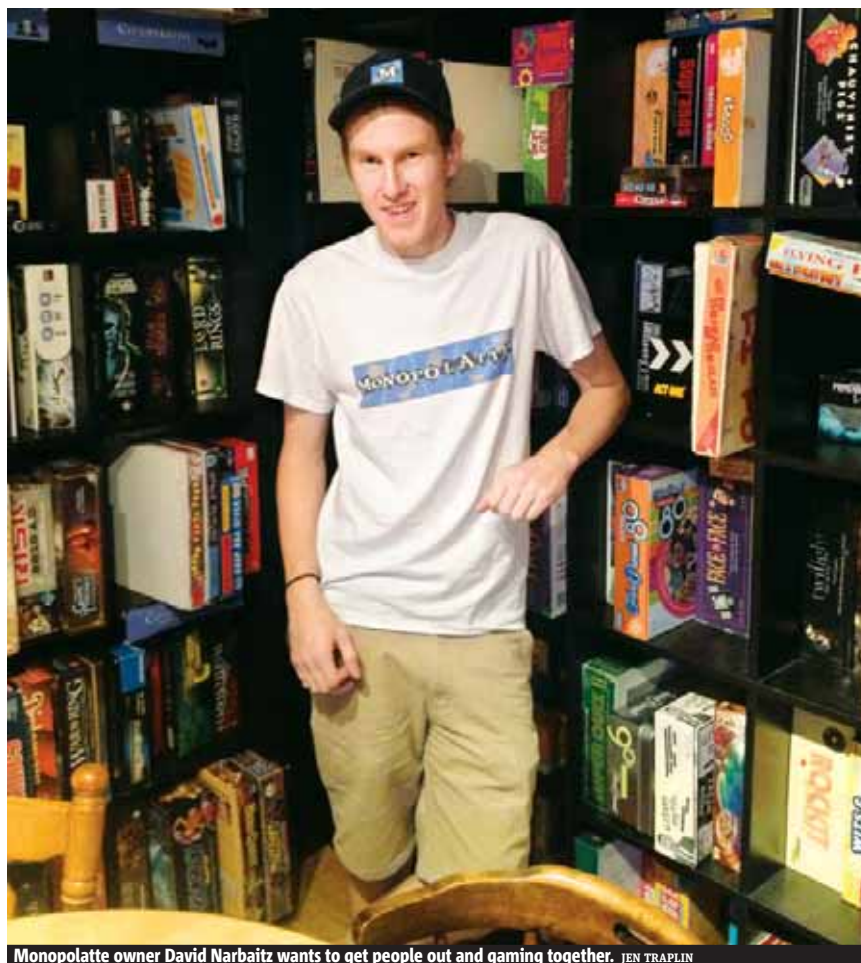
A new café in Centretown aims to get gamers away from their computers, out of their basements and bring people face-to-face again.

"We had an idea to have a more community-oriented gaming space," says David Narbaitz, owner of Monopolatte, Ottawa's first and only board game café.

"A lot of times, gaming spaces that are open to the public are in basements; they're not well-lit; they're not really friendly to newcomers.

"I wanted to create something that I could bring someone who has never played board games before (to) and introduce them to my favourite ones. That was the origin of the idea and it evolved over time to add food and alcohol until it became a café."

So that it can continue to offer its clients the most in-demand games, Monopolatte charges a \$5 cover fee that gives customers access to its entire library of games



Monopolatte owner David Narbaitz wants to get people out and gaming together. JEN TRAPLIN

— more than 700 of them.

And that's just the tip of the iceberg.

"There's a list online of 51,000 board games, so

we're not even at two per cent yet," admits Narbaitz, who purchases about three new games a week.

"We have all the classics

and we have what's fresh off the presses," he says.

Some of the games the café offers include longtime favourites like Monopoly,

CandyLand, Risk, Yahtzee, Twister, Uno and Trivial Pursuit.

There's also a variety of lesser known board games like Mr. Bacon's Big Adventure, This Vs That and Zombiegeddon.

Of all the games offered at the café, Narbaitz says, these days, Cards Against Humanity, which is described by its manufacturers as "a party game for horrible people," seems to be the most popular choice for board gamers.

If there is a game that isn't available, Monopolatte encourages customers to make recommendations through its website.

Aside from an impressive list of board games, Monopolatte is also fully licensed.

"We knew people would want to have a beer while they played Risk," says Narbaitz.

They even offer a quirky, game-inspired menu that includes items like H4U1M-3M3U1S1 or CandyLand platters and No Risk Grilled Cheese.

For Narbaitz, who started playing board games when he was 10 years old, running Monopolatte isn't exactly the career he had planned for himself, though he admits he's having a fantastic time doing it.

"I went to Ottawa U for engineering. I learned a lot but this is not exactly traditional engineering," he jokes.

You can find Monopolatte at 640 Somerset St. West. Check out monopolatte.com.

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**VAMPIRE WEEKEND GUEST EDITED TODAY'S EDITION OF OUR U.S. METRO PAPERS. WE WILL HAVE MORE WITH THE BAND TOMORROW!**



Vampire Weekend has a new album out called *Modern Vampires of the City*. CONTRIBUTED

# Vampire getting longer in the tooth

**Modern Vampires of the City.** As the band prepares to hit the road, Ezra Koenig and Rostam Batmanglij are right where they belong

**PAT HEALY**  
Metro World News in Boston

Vampire Weekend lyrics have always read a bit like witty TripAdvisor entries. Location is an essential part of the experience, whether it be the Cape Cod Kwassa Kwassa of their self-titled debut or the California English of 2010's *Contra*.

The band's latest release, *Modern Vampires of the City* throws in more geographical references than the first two albums combined. Anchorage, Oakland, Dar es Salaam, Providence, Phoenix and Santa Barbara all get lip service. Even though that could give the impression that the album is literally all over the map, the titular "City" they reference most is New York, and the collection of songs is possibly the band's most cohesive effort to date.

"On the first album, all of the places that I name checked in Cape Cod were places that I actually had been, albeit somewhat briefly," says singer Ezra Koenig.

He is sitting in a café down the street from his apartment on the Lower East Side. For a guy who sings with a band

whose last two albums went to No. 1, he is comfortably anonymous in his neighbourhood. Only one passerby seems to slip into an "I know that guy from somewhere" expression.

"On the song *Step* on this album, there is a lot of name checking," Koenig continues, "and I've never been to someplace like Dar es Salaam, but part of that song is about somebody who in the beginning is talking about how they were going all of these different places, but really back at home is where they really have to figure things out."

It seems like Koenig spent a lot of time at home figuring things out. The theme of mortality is persistent throughout *Modern Vampires* with a lot of breath spent on uncertainty about what may be next, after this album and after this life. He says he feels like reflecting in this manner is almost a rite of passage for a band between albums two and three.

"Whether you're in college or in your early 20s doing whatever, there's a sense that it's an eternal springtime. And

that's also true for a band that's making their first album. So we had that threefold: A bunch of young cats, fresh out of college, suddenly people have interest in our band," he says, reminiscing about Vampire Weekend's beginnings at Columbia University.

"Then when you do something a second time it's still exciting, and you're building and you start to get to the third time, and unless you're a total craven careerist, you're going to pause a little bit and be like, 'OK, so we're doing this for a third time. We're now five or six years older than when we started. Is this just a job? Are we just banging out products of varying degrees of quality, based on an initial template? Or are we trying to do something different?'"

He and songwriting cohort Rostam Batmanglij spent the better part of a year — writing songs and recording songs at Batmanglij's apartment under the Manhattan Bridge Overpass — making sure they were trying to do something different, and succeeding.

## Immediate goal

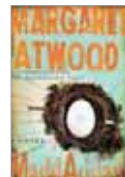
**Koenig's aim.** He says his goal isn't to have the most recent album be everybody's favourite Vampire Weekend album, just somebody's favourite. "That's the hardest thing to pull off: Sometimes everybody likes the first album the best, a handful of people like the second album

the best and nobody likes the third album the best," he says. "It's not because I have a chip on my shoulder that's like, 'I want people to like this album more than the first two!' I just want there to exist people in the universe who could feel that way."

# Indigo bestsellers

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## 1. MADDADDAM Margaret Atwood

Combining adventure, humour, romance, superb storytelling, and an imagination that is at once dazzlingly inventive and grounded in a recognizable world, *MaddAddam* is vintage Margaret Atwood, and a moving and dramatic conclusion to her internationally celebrated dystopian trilogy.

Last Week: 1 / Weeks on List: 3



## 2. THE SILENT WIFE A.S.A. Harrison

An emotionally charged psychological thriller about a marriage in the throes of dissolution, *The Silent Wife* depicts a couple headed for catastrophe.

Last Week: 19 / Weeks on List: 3

## This Week

## Last Week Weeks on List

3. NEVER GO BACK Lee Child	10	2
4. HOW THE LIGHT GETS IN Louise Penny	6	3
5. WINTER OF THE WORLD Ken Follett	2	3
6. INFERNO Dan Brown	15	17
7. THE CASUAL VACANCY JK Rowling	14	8
8. OMENS Kelley Armstrong	3	4
9. A HOUSE IN THE SKY Amanda Lindhout	5	2
10. THE INCONVENIENT INDIAN Thomas King	20	5
11. THE MAYAN SECRETS Clive Cussler	17	2
12. THE BONE SEASON Samantha Shannon	4	4
13. WAGING HEAVY PEACE Neil Young	12	7
14. THE END OF GROWTH Jeff Rubin	9	2
15. THE RETURNED Jason Mott	8	2
★ 16. STEVE JOBS Walter Isaacson	-	1
★ 17. THE WITNESS WORE RED Rebecca Musser	-	1
★ 18. THE ORENDA Joseph Boyden	-	1
★ 19. W IS FOR WASTED Sue Grafton	-	1
★ 20. STILL FOOLIN' EM Billy Crystal	-	1

Combined Fiction and Non-Fiction Bestsellers for the week, ending September 16<sup>th</sup>

★ New this week

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# Boyden's new book a life-long goal

**The Orenda.** Author says that latest work of fiction is the book he was 'meant to write'

Acclaimed author Joseph Boyden says his highly anticipated new novel, *The Orenda*, closes a chapter on a goal he's had his entire life.

On sale now, the story is an arresting fictional look at the sometimes brutal conflict between the Jesuits, the Huron-Wendat Nation and the Iroquois in the New World of the mid-1600s.

It's a rich period of history Boyden — who has Irish, Scottish and Métis roots — has been fascinated with since childhood, when he learned about it as a student at Toronto's Jesuit-run Brebeuf College School.

Boyden also spent his childhood summers on Beckwith Island in Ontario's picturesque Georgian Bay area. Beckwith overlooks Christian Island, where Hurons fled with Jesuit missionaries during battle with the Iroquois.



Joseph Boyden's new book, *The Orenda*, examines the brutal conflict between the Jesuits, the Huron-Wendat Nation, and the Iroquois in the New World of the mid-1600s. THE CANADIAN PRESS

"I think it's one of a number of books I've wanted to write all my life," he said in a recent telephone interview. "But certainly it's one that I've thought about all of my life and wanted to write and had to wait until it was the right time to do it."

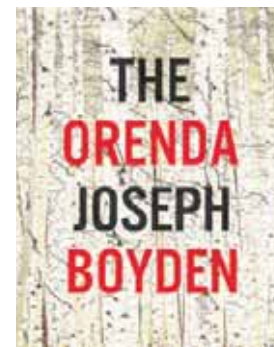
That time came after Boyden's novel *Through Black*

Spruce won the 2008 Scotiabank Giller Prize just two years after his debut effort, *Three Day Road*, landed the Rogers Writers' Trust Fiction Prize and was shortlisted for a Governor General's Award. Both novels also explore aboriginal themes.

Boyden was of course thrilled to win the Giller, but he

admits he became "depressed" after coming down from the high and feeling pressure to begin another project.

It took him two and a half years to write the first 50 pages of *The Orenda*, but then "the floodgates opened" and he went on to craft a nearly 500-page epic tale he feels is his



"most accomplished novel."

"It's the first time I feel like I've matured finally as a writer," he said from New Orleans, where he lives when he's not in northern Ontario. "I'm not worried about the reviews; I'm not worried about any of it, because I really feel in my heart that this is the book I was meant to write, and it's a strong book."

"My wife, Amanda, who is my best editor, she thinks the same thing, so that makes me feel good as well."

*The Orenda*, which means "the soul" or "life force," details the first contact in Canada between Europe and aborig-

inal people through three main characters.

There's Christophe, a French Jesuit missionary determined to spread his religion to local tribes who call him "Crow" in reference to his flowing robe.

Bird is the calculating Huron warrior leader whose wife and children died at the hands of the rival Iroquois.

And Snow Falls is the young and spiritually gifted Iroquois girl Bird kidnapped along with Christophe in an act of revenge against the Haudenosaunee.

As the grieving Bird tries to take Snow Falls in as his own daughter, she and Christophe integrate themselves into the Huron village that's part of five separate but unified nations on Wendake land that Samuel de Champlain wants to conquer.

The Hurons are key traders, but their fortunes begin to fall when drought and illness arrive along with the threat of war from the Iroquois. Meanwhile, Christophe begins to gain power as more of his missionaries arrive and help him set up their own village.

THE CANADIAN PRESS

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## Whey Better Protein by: Shannon Kadlovski, BA, CNP

Advertisement

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

### When Choosing a Whey Protein Powder Consider These 4 Tips:

1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.
2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.
3. Choose one that is cold temperature micro-filtered. This ensures the highest quality and biological value.
4. Choose an all-natural brand, free of artificial flavours and artificial colors.

### Absolute Smoothie Recipe

- 1 cup water or coconut water
- 1 scoop of Absolute Whey protein powder (or 2 tbsp.)
- 1 tbsp. chia seeds
- 1/4 tsp. matcha green tea powder or 1/4 tsp. spirulina powder
- 1/4 cup fresh blueberries
- 1/2 banana
- 1/4 tsp. cinnamon
- handful of kale
- \* Toss all of the ingredients into a blender and blend until smooth and creamy



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# Engaged John eager to become stuff of Legend

**Q&A.** R&B crooner John Legend talks about his new album, his upcoming wedding, Kanye West, achieving world recognition and the war in Syria

John Legend has one more thing to do before launching his fall tour: get married. The 34-year-old R&B singer is engaged to 27-year-old model Chrissy Teigen, the subject of most of the romantic songs that make up his new album, *Love in the Future*, released last week.

The wedding will be some time before he kicks off his tour Oct. 20 in Mashantucket, Conn., and marks a turning point for the piano-playing crooner, who since 2004's *Get Lifted* has been crafting songs about hook-ups, cheating and heartbreak as well as long-term commitment.

Appropriately, the nine-time Grammy winner's latest takes an overall more optimistic perspective on affairs of the



Piano crooner John Legend's latest and fourth album is called *Love in the Future*. THE ASSOCIATED PRESS

heart, so much so that he says he's already considering how married life will affect his writing: "My fans probably don't want to listen to everything being awesome all the time."

Legend reconnected with longtime collaborator Kanye West for his fourth solo album, which includes hip-hop drum patterns and moments of humour the singer credits

to West. Legend recently sat down with The Associated Press to talk about fame, stability, wedding plans and international policy.

**Your fiancée is very witty on Twitter, and you slide some jokes into many of your songs. How important is humour to you?**

Chrissy is hilarious and I'm

a big comedy fan. We go to comedy clubs. ... I wish I was funnier myself. ... I surround myself with people who are different from me. Obviously, people always ask me, "How are you and Chrissy together?" And then people also ask me, "How are you and Kanye working together for so many years because you're so different?" But I think I gravitate toward

people that are a little more outrageous than I am. And we complement each other well.

**Do you want Kanye-level fame?**  
I want Kanye-level success. I don't think I'm craving any more fame. But success and being recognized for making great work all around the world, I think it's a great thing.

**What's your vision for your wedding? What do you want from it?**  
I'm excited to get married, but I look at it as just a fun party where I want my friends to have a great time. ... I guess we should look good, too, so the pictures come out nice. But other than that, I feel like it's no pressure.

**Some songwriters make their best music when they're not in a stable relationship. It can also go the other way. Is that something you've thought about?**  
I've written some of my better songs about the ups and downs of relationships. ... I've thought about, you know, what am I going to do two years from now? ... But I

imagine that we'll have some ups and downs too, so I'll tell those stories, too.

**You're a supporter of President Barack Obama, but covered several anti-war songs from the 1960s and 1970s on the 2010 album you created with The Roots called *Wake Up! Are you worried about U.S. military intervention in Syria?***

I am not anti-war in general. I am just anti-wars that I think are not a good idea. I didn't think the Iraq war was a good idea. ... I do understand the impulse to want to punish countries for using chemical weapons. I do understand the humanitarian impulse when you see 100,000 people getting slaughtered ... but we have to be very cautious about getting into another long conflict in the Middle East. ... We know that al-Qaida's infiltrated the rebel forces in Syria. We know that either way, no matter who wins, there are significant groups within each side that might not be pro-America. So I think it's a very difficult decision to involve ourselves militarily in Syria.

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# It sounds good, but rock 'n' roll never saved anyone's life

## I Hate Music.

Superchunk's Laura Ballance explains why she's sitting out this tour and the sadness of her band's new material

NOLAN GARWON  
Metro World News

After nearly a decade-long hiatus leading up to 2010's Majesty Shredding, indie rock stalwarts Superchunk have bounced back much more

quickly with their 10th release, *I Hate Music*.

"We've never broken up," notes bassist and founding member Laura Ballance from the Merge Record headquarters in Chapel Hill. "We knew we wanted to keep playing. We knew once we had a break that we'd probably want to make records again. When we did *Majesty Shredding*, it was very much of a, 'We'll do this and see how it goes' situation. Who knows? Maybe it would be another 10 years before we made a record — and maybe



Musician Laura Ballance of Superchunk performs at The 2012 CBGB Music Festival. STEPHEN LOVERKIN/GETTY IMAGES

not. It depends on how much fun we have."

But along with the fun came sadness.

The new album's ominous title, *I Hate Music*, doesn't reflect any aging angst or irony. Music has long been an all-encompassing part of the band's life. Besides playing in Superchunk, Ballance and lead singer Mac McCaughan own Merge records, one of the most influential and successful independent record labels of all time. Instead, the title reflects the inability of music to stop life's tragedies.

The record is a tip of the hat and bowing of the head to friend and film production designer David Doernberg, who passed away last year.

"This record is very much about our friend Dave," says Ballance solemnly. "If you listen to the lyrics in that song (*Me & You & Jackie Mattoo*), it's interpreting this frustration. Music has been this huge part of our lives and it's so important to us, but really, what is it worth? People need music and music does have a lot of value, but it can't change the physical reality of somebody dying."

With a lyrical focus more mellowed and mature, McCaughan's nasally nostalgic songs are often travelogues and reverent references to shows

and people along the way.

And while the subject matter may be heavy, the instrumentation is even heavier with towering guitars, searing solos and the powerful punishment of the drum kit that have long defined the Superchunk sound.

There is one thing that will be noticeably different on this tour, however.

After nearly 25 years, Ballance will be sitting out her first ever shows due to hyperacusis, an oversensitivity of the eardrum related to hearing loss. Joining the band on the road will be bassist Jason Narducy.

"I started to notice my ears ringing ages ago," Ballance notes.

"Probably as soon as we started playing together. But I have noticed that my hearing is getting progressively worse. I realized that I was having an increasingly difficult time hearing people who are talking to me. I realized that I want to be able to hear my daughter and hear my grandchildren. I love playing for people, but I've done it and I've done it for 25 years. I think I've fulfilled my promise. I have been really worried that I was going to be really upset and sad about them playing without me. But I didn't get upset. I felt liberated."



Neko Case's latest album, *The Worse Things Get, the Harder I Fight, the Harder I Fight, the More I Love You*, was recently released. THE ASSOCIATED PRESS

# Neko Case doesn't like rolling solo

**New music.** After a troubled childhood Neko Case has found solace in making music and the camaraderie that goes with it

In her musical life, Neko Case doesn't like to work alone.

For more than a decade, the singer has maintained a dual-track career that thrives on teamwork as it taxes her organizational skills. She leads a band of her own, including vocal partner Kelly Hogan, and had a new disc come out. She also tours and records as a member of Carl Newman's pop collective, the New Pornographers.

Her new album, with the mouthful title *The Worse Things Get, The Harder I Fight, The Harder I Fight, The More I Love You*, continues a progression beyond the alt-country sound of her early career into something deeper and more eclectic.

## Quoted

**"I just feel lonely. I hate it. I don't like to practice alone, either. It's about community for me. I think it's about not having a family as a kid. I just spent a lot of time being really, really, really alone. I just don't want to do that anymore."**

Neko Case, who prefers to play music with others

Case sounds like she's paying tribute to a longtime lover on one of her new songs, *Calling Cards*, when she sings: "Every dial tone, every truck stop, every heart break, I love you more."

Case says she's singing to her band.

"I know there are people who are really good at performing solo," she said.

"Me, I just feel lonely. I hate it. I don't like to practice alone, either. It's about

community for me. I think it's about not having a family as a kid."

After a troubled childhood, Case left home at age 15. That's usually a recipe for disaster, but Case is eternally grateful for the rockers and drag queens of Tacoma, Wash., who looked after a girl hanging out in places she shouldn't.

"It's another reason I get so upset at the idea that the gay community is some disgusting underbelly," she said. "I would have died without a strong gay community and I'm not even gay."

Case worked through depression the past few years, with deaths of people close to her and a broken relationship. She took some time off the professional treadmill to sort through things emotionally.

"I don't want to sound like it was some incredible transformative experience," she said.


"It was that, but every single person goes through the same thing."



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Zoe Saldana. ALL PHOTOS GETTY IMAGES

## Who-knew nuptials: Saldana weds Italian artist in hush-hush ceremony

Zoe Saldana was quite sneaky this past weekend, marrying Marco Perego in a super-secret ceremony in London before anyone could catch wise, according to Us Weekly. "It was super small but very romantic and beautiful," says a source of

the ceremony, which was attended by just family and a handful of close friends. Saldana and Italian artist Perego "have known each other for a long time," the source explains, but they hadn't been officially linked until May.

## Crushing in Canada: Swift snuggles up to Aussie actor at TIFF party

Taylor Swift may have found a new man in Australian actor Brenton Thwaites. The pair met at a private party at the Toronto International Film Festival earlier this week and spent some time getting to know each other, according to People maga-

zine. Swift and Thwaites nestled into a booth at the Soho House for an hour chatting and "making each other laugh," a source says. Thwaites "had his arm around her back. She touched his leg a few times. They seemed very into each other."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## How much to canoodle with KStew? Try half a million

MELINDA TAUB  
Metro World News in NYC

Everyone has a price, even Kristen Stewart. And as a New Yorker, I couldn't be more pleased that she does.

In a New York Times article on Harvey Weinstein, the film mogul mentions that he managed to line up a Saudi prince who promised to make a sizable donation to Hurricane Sandy relief efforts — if the Twilight star would hang out with him. When Weinstein got in touch with her, she had a question: How much?

Weinstein drove a hard bargain, settling on \$500,000, paid in advance. Stewart then agreed to hang out with the prince for 15 minutes.

With hurricane season upon us once again, I call for all our Kristen Stewarts to be on high alert in case they're needed for some emergency shmoozing — especially since she'll be



busy in the near future.

The Twilight star has enrolled in a correspondence course at UCLA, where she plans to study English literature.

"Yes, Kristen's a Tinseltown actress worth millions, but she is already considering a life after film. She never got to complete college and she wants to get a proper education," a source tells the Daily Mirror.



John Krasinski and Emily Blunt

## Baby Blunt watch: Actors expecting their first bundle of joy

Emily Blunt and John Krasinski are set to become parents for the first time, as Blunt is pregnant with their first child and is due in just a few months, her rep confirms to Us Weekly.

"They both want kids. It's one of the reasons they got a bigger place, in a neighbourhood that you can raise a family," a source says. "They both couldn't be more excited."

## Walking with the stars: Famous faces sign up for charity challenge

Prince Harry has some stiff competition for his upcoming charity race to the South Pole, as True Blood star Alexander Skarsgard has signed on to the American team competing in the Walking With the Wounded

South Pole Allied Challenge, a 208-mile trek that raises funds for military charities, according to USA Today. Skarsgard and Harry will be trekking alongside wounded military personnel from their respective countries. "I'm honoured to be working and training alongside these soldiers to raise money and awareness for this very worthy cause," Skarsgard says in a statement.

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# Target goes out on a Lim with collection

**Romancing the masses.** Designer says he's as passionate about creating a \$29.99 shirt as he is about one for \$299

**TINA CHADHA**  
Metro World News in NYC

Phillip Lim believes you're just as busy as he is. It's why the designer — whose hotly anticipated 3.1 Phillip Lim collection for Target hits stores Sunday, just five days after the Spring ready-to-wear line debuts at New York Fashion Week — created an affordable fall line perfect for people on the go. We nailed down Lim to talk about his design process, why menswear is important and how to keep essentials from being boring.

**Congratulations on the Target collaboration! What was your main objective for the line?**

For me, it was about creating a chic, easy and cool collection for real people. I focused on the idea of a romanced reality and



Lim's 100-piece offering consists of chic, understated essentials you can rely on for just about any occasion — there's even a grab-and-go pack with underthings for those surprise last-minute trips. GETTY IMAGES

**How would you describe the codes of the 3.1 Phillip Lim brand?**

Phillip Lim is designed for the global citizen on the move with understated, elegant clothes that imbue a strong sense of discovery with hidden details just for the wearer.

**Your Target line has a strong focus on menswear. Why was it important to include the guys?**

Men are embracing fashion more and it was important to me that I create a collection for both men and women to easily incorporate into their wardrobes and their everyday lives.

## Retail reminiscence

**Do you still shop at Target?**

- Yes, Target has just about everything. As a child, I remember Target as that place to get everything and just thinking, "they have everything here, all the dreams are here!"

**The collection is full of practical-yet-cool essentials. How did you keep these pieces from being boring?**

When in doubt, you can never go wrong with solids. It's important to stock up on chic basics as they cannot only be worn at different hours of the day, but also from season to season. Once that foundation was established, I sprinkled in things or ideas from my own collection.

**How did you choose to bring back certain pieces from your main line such as the comic book motif and colour block pastels?**

I took inspiration from archival pieces that we thought would also be of interest to Target's guests. All in all, designing the collection was a very similar process to that of my main collection, because in the end, I put the same amount of passion, energy, spirit, and time into designing the \$29.99 shirt as I would for the \$299 shirt.

**It's been a busy year for you. After your show wraps, what are your plans?**

Hopefully I will be off on the beach somewhere!

## Model call



Erin Wasson. GETTY IMAGES

**In the moment with Erin Wasson**

We caught up with the model at Vevo and Style Network's Styled to Rock party to find out about her runway outing at Alexander Wang and her fall wish list.

**What are you looking forward to wearing this fall?**

"I love outerwear. I love a good jacket. I love a good boot. It's a time where you get to personify fashion because you get to create more layers."

**What's on your fall shopping list?**

"I just moved into a new house four months ago. So I'm obsessed with interior design right now. I geek out about lighting fixtures."

MWN IN NYC

## Trends Report

- The popular shape of eyebrows evolves endlessly, from caterpillar-thick to super skinny arches and everything in between. Go online to see what the latest look is as seen on two current 'it' girls in film and fashion and let me know which eyebrow shape you prefer.

[metronews.ca/voices/trends-report](http://metronews.ca/voices/trends-report)

Follow Irene on Twitter at @MetrolreneK

## The Kit

# Canadian street style

**Spotted in: Toronto**

**Caitlin**  
Graphic designer and bartender

**What she's wearing**

H&M hat, American Apparel crop top, UNIF skirt, vintage belt and Michael Kors heels.

**Her inspiration**

"Images and videos from Tumblr, YouTube and blogs! My favourite YouTube channel to watch for fashion ideas is Clothes Encounters."

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# 3 TIME



Plan ahead and your wedding day will go off without a hitch.

ALINUTE SILZEVICIUTE/COLOURBOX

## An essential list for your special day

Plan ahead and pack up these essential wedding day items in the days leading up to the main event. You don't want to be scrambling to find your "Love Me Do" lipstick on the morning of your wedding.

- 1** "Getting ready" clothes. Wear a comfy button-down blouse so you don't risk ruining your hair with a pullover shirt.
- 2** Wedding day playlist. Make a custom playlist of your favourite feel-good songs to listen to while getting primped.
- 3** Travel deodorant. Seriously, you do not want to forget to apply antiperspirant on your wedding day. Keep a back-up stick in your clutch.
- 4** Lip gloss. The gloss that your makeup artist applies might look perfect at noon, but your ceremony isn't until 4 p.m. Buy a tube of the same lipstick/gloss that your makeup artist applies at your trial appointment for perfect touch-ups.
- 5** Bridal accessories. Put your hair piece,

earrings and any other wedding day baubles in a jewelry pouch so they are all in one place when it comes time to step into your bridal garb. And don't forget those shoes for which you spent months searching.

- 6** A needle and thread. Bring a needle and some thread and ask a bridesmaid to hold onto it.
- 7** Bustle instructions. Don't wait until your wedding day to learn how to fasten the bustle on your wedding dress. Bring your mom or a bridesmaid to the dress shop and ask the salesperson to show you how to properly let the bustle down and then back up.
- 8** Bridal clutch. Carrying a pretty clutch is the perfect way to keep your lipstick, blush, phone and any other small items that you will need throughout the day easily accessible.

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# Vow to browse bridal show

**Ottawa Convention Centre.** Ottawa Wedding Palace Bridal Show has it all for brides-to-be

**SAMANTHA EVERTS**  
For Metro

No one prepares you better to say "I do" than the Ottawa Wedding Palace Bridal Show at the Ottawa Convention Centre this weekend.

Brides-to-be and their wedding parties can discover hundreds of services Saturday and Sunday, from catering to wedding couture that will be perfect for their special day.

"It's such an exciting experience when she's planning for the most important day of her life," said Wedding Palace Bridal Show president Amanda Andrews.

Designer fashion shows, extravagant door prizes and celebrity guest Randy Fenoli of TLC's Say Yes To The Dress are just some of the attractions, but it's really a one-stop show for wedding planning, Andrews said.

"In one weekend, in one place, it's the opportunity to speak with the who's who of the Ottawa bridal industry very conveniently. It really saves them time on those initial meetings."

This premier bridal show is the largest in eastern Ontario and western Quebec.

"We have over 100 companies showcasing everything weddings," Andrews said.

Some of the companies in attendance will include The Perth Golf Course, Courtyard Restaurant, and Anzan's Photography.

The fashion shows are the highlight, Andrews said.

"Brides absolutely love seeing the gowns on the runway and imagining themselves in them."

Lucky for attendees, Fenoli will be on hand Sunday afternoon to discuss choosing the best gowns for different body types, as well as wedding fashion trends.

Attendees will have a chance to win a one-on-one consultation with Fenoli and, just for attending, will be entered to win door prizes like a diamond ring from Jubilee Fine Jewelers.

There will even be something for the grooms, including a barbecue and wedding cakes to be tasted.

For more information, visit [weddingpalace.ca](http://weddingpalace.ca).



Plan to visit the Ottawa Wedding Palace Bridal Show at the Ottawa Convention Centre this weekend. GROMOVATAYA/COLOURBOX

## Tips. Making the most of a great resource

**KATE DRUMMOND**  
2 For Couples

While a wedding show can be a great resource for brides, they can also be overwhelming. Here are some tips for surviving a bridal show.

**Bring an entourage.** Whether it's your maid of

honour, a couple of bridesmaids or your mom, you will definitely want to bring someone along for the fun and moral support.

**Leave your man at home.** Sure, there have been sightings of men at wedding shows, but most of them look painfully bored to be there.

**Do your research.** Check



out the show's website for a list of vendors and visit those websites. Highlight the ones you like most and make a point of talking to them at the show.

**Make a list.** Write a list

of questions you would like to ask each vendor. For example, you might want to ask a wedding planner if she charges for a consultation, or a photographer if his package includes an engagement session.

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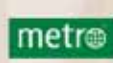


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# When to add an accent

One of these walls is not like the other — and that's a good thing.



**DESIGN CENTRE**  
Karl Lohnes  
home@metronews.ca

Accent walls can define a focal wall where a television sits, highlight a piece of art or simply change the mood of a room by injecting a small amount of colour on one of the walls.

Wondering about which wall in your house might be perfect for a splash of colour? Consider these ones: behind the headboard in the bedroom, where the mirror hangs in the bathroom or the wall the television or fireplace sits on in the living room.

Areas not to paint an accent wall are: a powder room, kitchen or foyer; keep all of those walls the same colour.

For less than \$100 and an afternoon you can add a colourful accessory that can be changed as often as the trends change. This fall, look for either dramatic tones or pretty colours to add an update to your rooms.

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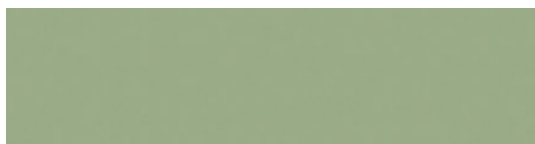
## Fashion

Para's Meritage PF20: The Merlot and burgundy colours are all over the fall fashion runways, so why not be ahead of the herd and add it to one wall? Looks best with: navy, gold, dark grey, deep green. para.com.



## Neutral

Colour Your World's Pasture Green Fresh: This warm green colour will perk up a dark space and bring the colour of nature inside. Looks best with rust, taupe, off white and cream. dulux.ca.



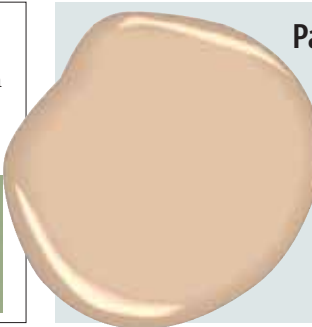
## Dark

Farrow & Ball's Stiffkey Blue 281: This is the easiest way to add a sense of importance and tradition to a modern space. This deep teal-grey blue looks great with pale blue or grey, deep brown and brassy gold; farrow-ball.com.



## Pastel

Benjamin Moore's Sycamore CC-350: Soft, pastel-like colours are predicted for spring, so get a jump on it. This peachy-taupe looks best with pale grey, pool blue, soft yellow and black. benjaminmoore.ca.



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## Butler tips

### Myth? Try this product for Dandruff relief



**CHARLES THE BUTLER**  
askcharlesthebutler@metronews.ca  
For more, visit charlesmacpherson.com

Recently while doing some research for an upcoming television segment I was exploring the different uses for baking soda.

I found one in particular to share that's so great, I now use it almost every day myself. You see, I suffer from dandruff. It is embarrassing and so after trying every shampoo in the drug-store, I finally went to see a dermatologist who gave me a special medicated shampoo. It works perfectly and I am very happy.

But while doing my research I read that washing your scalp with baking soda also helps control dandruff, so the next

time I jumped into the shower I wet my scalp then scrubbed lightly with pure baking soda and let it sit while I finished my shower before rinsing it out. And to my great surprise it really works!

My head has stopped itching and I don't have a dandruff issue. It is so easy and works so well I just had to share this with all of you!

Give it a try and write back and tell me your personal experiences.



Try a little baking soda on your head. Not too much now. ISTOCK IMAGES

# Pass the salt and get out of my office: The art of creating a work space at home

**Live-work.** Working from the house means needing a place that is practical and functional

The digital age has created various new career opportunities including an increased demand for those who can integrate live-work spaces.

"I think live-work spaces are becoming more common because technology allows for that," said Peter Schinning, architectural designer and owner of SOS Design.

Schinning's design firm specializes in practical spaces that often maximize a small footprint of as little as 186 square metres (2,000 square feet).

Designing live-work spaces like the one he uses in his home or another he created for a Victoria graphic designer means maximizing the efficiency of the space.

"When you have to live and

work in the same place it has to be practical; it has to be very functional," he said. "Another thing is if you work from home, for us, for example, it means we have no transportation to go to work. We don't have to worry about that."

Schinning, like many other entrepreneurs who have chosen to combine their living and work spaces, did so because his work schedule didn't fit the traditional 9-to-5 office hours. He often found himself working at odd hours and it was more practical to walk downstairs than commute to an office.

"I often work late into the night and work when I need to work," he said. "Except for brief moments in my life, I've mostly worked from home."

While practicality is an important part of creating live-work spaces, Jason Halter, architect and owner of Toronto's Wonder Inc., said creating distinctions between private and work areas is also neces-



Interest in live-work spaces has increased. VERONIQUE DA SILVA/THE CANADIAN PRESS

sary.

"You always need to step away from where you are immediately working, but it also doesn't really make sense to put a bed in the middle of your studio, whether you're an artist

or a welder," said Halter.

According to Halter an advantage for artists who choose to inhabit live-work spaces is having immediate access to projects being worked on.

Halter designed a live-work

space for Winnipeg artist Kent Monkman. In what was a former industrial garage, Halter used his background in sustainable design to create an efficient space that functioned as a home and an artist studio.

In addition to installing a green roof, beautiful concrete floors and a Douglas fir staircase to a loft bedroom and private space, Halter said maximizing the light was essential in Monkman's home.

"Part of the challenge was that (Monkman) at the beginning didn't know if it was going to be part studio or all studio," said Halter. "It quickly became clear that he needed more light and we added more skylights to create lighting in an interesting way."

"Lighting plays a considerable role in a space like this for a visual artist like Kent."

Even though interest in live-work spaces has increased, Halter said he's had a passion for them ever since living in one himself while living and working in Vancouver.

"I think certainly working from home in the Internet age is one of the best outcomes that we could kind of conceive of," he said.

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# Furniture bridging gap between function, art

**Design.** Custom pieces that consider function and esthetics are attracting buyers

It was function, not art, that led Christina Hilborne to a career as a furniture designer and maker. Yet the custom furnishings created by her and others, which bridge the gap between function and art, have also piqued a growing interest among those willing to invest.

"I was living with a roommate at the time and we were poor," said Hilborne. "We needed a recycling bin, and I decided to make one."

It was the first thing the Victoria-based designer and maker had created, and the experience was so gratifying she immediately enrolled in a pre-apprenticeship program in bench work and joinery followed by apprenticing as a cabinetmaker.

Even though it was the

act of making that led Hilborne to her career, she doesn't just consider the purpose of a piece before she creates one.

"I consider function, esthetics and ethics," she said. "I first think about what materials I can use that are considerate to the planet, and how I can best use them so I don't waste much."

The materials Hilborne chooses for their environmental impact also affect the look of the piece, but she is careful not to call herself an artist.

"I have a lot of friends who are artists and I wouldn't be so arrogant as to count myself among them," she said.

"They are painters and sculptors and I really don't feel that I am of that calibre. I am a maker or creator because I do design, but I also make."

Vancouver furniture designer and maker Christian Woo agrees with Hilborne's feelings about identifying himself as an artist.

Woo — who had been



Victoria, B.C.-based furniture designer Christina Hilborne's Eureka desk is shown in a handout photo. It was function, not art, that led Hilborne to a career as a furniture designer and maker.

CONTRIBUTED



woodworking since before high school — has gained a reputation for his minimalist, modern pieces.

"I collect art from friends and they are mainly paintings, and photographs, but there is definitely an artistry in the things I am producing," said Woo.

"There is much time spent in the overall composition of my pieces and so if I think in those terms there is definitely an artistry in the work."

Customers are noticing the artistry in furniture by designers like Woo, and are beginning to collect it like they would art.

"I know from working with clients and having my pieces purchased, good furniture and a good piece of design really is functional art," he said.

"I think it's a good place to park your money if you want something beautiful, that works and enhances your home."

But small manufacturers are still facing the challenges of customers wanting identifiable pieces like the

## Thinking long term

**"When I'm designing and making something I ask, 'How will this fare and how will this look in 20 or 30 years.'"**

Vancouver furniture designer and maker Christian Woo

iconic Eames chair, created in the 1950s out of plywood and leather.

Even though purchasing high-quality pieces requires a financial investment, Woo said people are starting to see the value in limited-edition or custom furnishings.

"By and large I think people are happy and interested in owning and collecting because these pieces are really designed to be collected and to last," he said.

"That's a huge part of what I do. When I'm designing and making something I ask, 'How will this fare and how will this look in 20 or 30 years.'"

THE CANADIAN PRESS



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# Rates. No need to panic for long term



**LESLEY SCORGIE**  
For Metro

Rising mortgage rates have some Canadians in a panic to lock in for the long term.

But higher rates aren't necessarily bad. They force prospective homebuyers to

save more prior to making their purchase, and ensure their personal debt levels are kept in check, ultimately protecting the broader Canadian economy from the perils of lax lending practices as seen in recent global financial crises.

Besides federal Finance Minister Jim Flaherty giving the banking industry a political nudge, fixed mortgage

rates are rising due to the fact that they are closely tied to investor demand for government bonds, which has been on the rise.

One of the key implications of rising fixed mortgage rates is that it will be harder to qualify for a mortgage. This is because all mortgage applicants must now qualify under the posted five-year fixed

mortgage rate, regardless of whether they select that type of mortgage or not.

Before you hang your head in frustration and give up on your search for a new home, rest assured, fixed mortgage rates are still highly attractive compared to historical standards. But you may need to save more for your down payment or reduce your debt

levels in order to qualify. The silver lining in both of these options is that you will be better off financially in the long term.

The second implication is that in an environment where rates are increasing, many new homebuyers or owners on variable rate mortgages rush to lock in their rates, shielding themselves from the inevit-

ability of higher borrowing costs. This strategy often suits risk-averse homebuyers.

But because the Bank of Canada's key lending rate, which is what the prime rate is tied to, has not increased in three years, Canadians with a higher appetite for risk can still take advantage of lower rate variable mortgages, which are derived off of the prime rate.



One of the first decisions to make when looking for a mortgage is whether you want financing through your financial institution, such as your local bank, or through a mortgage broker. COLOURBOX

## Pros and cons of banker vs. broker

Whether you have decided to purchase a new home or renovate the existing one, one of the first decisions you will have to make is whether to seek out financing through your financial institution, such as your local bank, or through a mortgage broker.

The benefits of working directly with your financial institution are that you may receive preferential rates and reduced fees because the bank wants to keep your business. Banks also offer personal loans or lines of credit, which can be used towards home upgrades, providing homeowners with an alternative to refinancing an existing mortgage, paying cash for or charging renovations to a credit card.

The drawbacks are simply that you are limited to the products and rates offered by your institution.

But with hundreds of mortgage products on the market, it's hard to know whether you are selecting the right one. Therefore, many Canadians are turning to mortgage brokers to help wade through the selection and save money.

An independent mortgage broker isn't tied to any financial institution and works

### Shop around

- Before you sign up for a mortgage with any financial institution, shop around for the best rates and greatest repayment plan flexibility. Check out [ratehub.ca](http://ratehub.ca) for comparisons of the best mortgage rates in Canada among all financial institutions.

on behalf of you, the client, rather than the lender. Because they are not employees of any lending institution, mortgage brokers seek out the best mortgage options to suit your specific situation from a multitude of lenders — banks, trusts, private companies, or insurance firms. Brokers may also have access to mortgage products for purposes of refinancing or financing home improvements.

Mortgage brokers work directly with lenders, thus they can often get instant approvals and negotiate better rates and terms on your behalf.

When the broker matches a lender with a buyer and a mortgage is placed, the broker is paid by the lender, not the client. **LESLEY SCORGIE**



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# Curried Lamb Casserole: Not your mom's can-of-soup creation



**ROSE REISMAN**  
For more, visit  
rosereisman.com or  
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Casseroles are excellent one-dish meals.

You can substitute stewing beef and use any combination of other root vegetables such as potatoes, turnips or parsnips.

Serve this over rice, polenta, mashed potatoes or a grain of your choice.

1. Dust lamb with flour.
2. In large nonstick oven pot, heat oil, sauté lamb for 2 minutes or just until seared all over. Remove lamb and set aside.
3. To pot, add garlic and onion and sauté for 5 minutes until soft. Add carrots and green peppers and mushrooms and sauté for another 5 minutes or until mush-

## Ingredients

- 3/4 lb boneless leg of lamb, cut into 3/4-inch cubes
- All-purpose flour for dusting
- 1 tbsp vegetable oil
- 2 tsp crushed garlic
- 1 cup chopped onion
- 1 cup finely chopped carrots
- 1/2 cup finely chopped sweet green pepper
- 1 cup cubed peeled sweet potatoes
- 1 1/2 cups sliced mushrooms
- 2 1/2 cups beef stock
- 1/3 cup red wine
- 3 tbsp tomato paste
- 2 tsp curry powder

rooms are no longer wet.

4. Add sweet potatoes, stock, wine, tomato paste and curry powder. Return lamb to pan; cover and simmer for 1 1/2 hours, stirring occasionally until lamb is tender. **ROSE REISMAN BRINGS HOME LIGHT COOKING (ROBERT ROSE) BY: ROSE REISMAN**

## Curried Lamb Casserole with Sweet Potatoes



This recipe serves four and contains 296 calories per serving. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING.

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# Classic French comfort in a bowl

1. Preheat oven (325 F/ 160 C)

2. In shallow glass baking dish, combine flour and half each salt and pepper. Open chicken thighs and cut in half. Dredge in flour mix. In nonstick frying pan, heat oil over med-high. In

## Ingredients

- 3 tbsp (45 ml) all-purpose flour
- 1-1/2 tsp (7 ml) salt
- 1/2 tsp (2 ml) black pepper
- 2 lb (1 kg) PC Free From Boneless Skinless Chicken Thighs
- 2 tbsp (25 ml) canola oil
- 5 slices PC Free From Naturally Smoked Bacon
- 1 pkg (227 g) white button mushrooms, wiped clean
- 1-1/2 cups (375 ml) peeled pearl onions
- 1-1/2 cups (375 ml) diced carrots
- 2 tbsp (25 ml) minced garlic
- 1 tbsp (15 ml) chopped thyme
- 2 bay leaves
- 2 cups (500 ml) red wine
- 2 cups (500 ml) chicken broth
- 2 cups (500 ml) halved mini new potatoes
- 3 tbsp (45 ml) chopped parsley



This Coq au Vin serves eight. CONTRIBUTED

batches, cook chicken 5 mins., turning halfway. Set aside.

3. Cut bacon strips crosswise into thin strips. In Dutch oven, cook bacon over med heat, 7 mins., stirring occasionally. Using slotted spoon, transfer to bowl, leaving fat behind. Add mushrooms, onions and carrots to Dutch oven; cook 3 mins., stirring occasionally. Stir in garlic, thyme and bay leaves; cook 2 minutes. Add red wine, broth, and remaining salt and

pepper. Bring to boil. Add potatoes, browned chicken thighs and bacon. Cover and bake in centre of oven 1 hour.

4. Place colander over large shallow saucepan; strain mix into saucepan. Return chicken and veg to Dutch oven; cover to keep warm. Bring sauce to a boil. Boil for 10 minutes or until reduced by half. Return sauce to Dutch oven. Stir in parsley and serve.

**PRESIDENT'S CHOICE**

# Mushrooms and potatoes give salad earthy twist



This recipe serves six as a side salad. CONTRIBUTED

1. Bring pot of water to a rolling boil. Gently add eggs, reduce heat to medium and boil for 6 minutes. Drain. Cover with cold water and let stand for 2 minutes. Remove eggs from water; set aside.

2. In large frying pan, heat 2 tbsp (25 ml) oil over medium heat. Add potatoes; cover and cook for 7 to 8 minutes, stirring occasionally, or until browned and cooked through. Add mushrooms; cover and cook 6 minutes or until mushrooms release juices and start to brown. Season mixture with 1/4 tsp (1 ml) of the salt and 1/8 tsp (0.5 ml) of the pepper.

3. In bowl, whisk mustard

## Ingredients

- 4 eggs, at room temperature
- 2 tbsp (25 ml) olive oil
- 1 cup (250 ml) halved PC Little Gems Golden Potatoes
- 1 pkg (100 g) shiitake mushrooms, stems discarded and caps cut in quarters
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper
- 2 tsp (10 ml) Dijon mustard
- 2 tsp (10 ml) white wine vinegar
- 1/4 cup (50 ml) olive oil
- 1 tub (142 g) PC Organics Mixed Field Greens Salad Mix
- 1/2 cup (125 ml) thinly sliced red onion
- 1/4 cup (50 ml) chopped fresh parsley

and vinegar. Whisk in 1/4 cup (50 ml) olive oil, remaining 1/4 tsp (1 ml) salt and remaining 1/8 tsp (0.5 ml) pepper.

4. In large bowl, toss field greens, red onion, potato-

mushroom mixture, and vinaigrette. Transfer to serving platter. Carefully peel eggs; cut in half lengthwise and arrange on top of salad. Serve sprinkled with parsley.

PRESIDENT'S CHOICE

## Ingredients

- 1 bunch kale, washed and dried
- 2 tbsp (25 ml) PC Splendido Extra Virgin Olive Oil
- Pinch salt
- 4 mandarin oranges
- 1 PC Organics Gala Apple (skin on), cut in julienne strips
- 1 stalk celery, thinly sliced
- 1/3 cup (75 ml) thinly sliced red onion
- 2 tbsp (25 ml) each extra virgin olive oil and white balsamic vinegar
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1/4 cup (50 ml) sliced blanched almonds, toasted

minute. Sprinkle pinch of salt over top; massage and squeeze for 1 to 2 minutes or until kale is slightly softened.

2. Peel mandarin oranges and pull off excess stringy white bits; segment. Add orange segments, apple, celery and red onion to kale. In small bowl, whisk together 2 tbsp (25 ml) oil, vinegar, salt and pepper. Pour over salad; toss to coat. Transfer to serving platter. Sprinkle with toasted almonds.

## Side dish. Mandarin Orange and Kale Salad



1. Discard tough stems of kale. Tear leaves into bite-sized pieces. Place in large bowl. Drizzle 2 tbsp (25 ml) oil over top; using hands, massage oil into kale for 1

PRESIDENT'S CHOICE

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# MAKING YOUR NEW CONDO FEEL LIKE HOME

## THE UPPER ROOM HOME FURNISHINGS

Condominium living has never been more popular in Ottawa. Fuelled by growing numbers of downsizing baby boomers and youthful first-time buyers, the trend has sparked a building surge in many of the region's most desirable neighbourhoods. Making a new condo feel like home can be difficult, however.

"The challenge is to create a space that matches your tastes and lifestyle," says Antonia Bos, an interior decorator with Upper Room Home Furnishings, an Ottawa retailer. "My job is all about listening closely to clients and figuring out which fabrics, furniture and décor are most suitable and will make them feel at home."

What defines "home" is different for each of the thousands of clients that Bos has helped over the years. Some prefer a mix of old and new, while others opt for classical furnishings. To help customers find their style, Bos shows them a range



CONTRIBUTED

of possibilities and carefully gauges their reactions.

The Upper Room, located on Queensview Drive just off the 417, is ideal for this process. The showroom has a large

selection of furnishings and samples of more than 700 fabrics, including more than 60 custom leathers. An on-site café enables customers to consider the possibilities in a relaxed atmosphere, while

helpful non-commissioned sales associates take the pressure out of shopping. Established in 2004 as a family-owned and operated business, The Upper Room is recognized as one of the National Capital Region's leading home furniture retailers.

The Upper Room offers unmatched customer service and price protection guarantees. Any customer who is unsatisfied with a recent purchase has 30 days to exchange it and select a similar product, for instance. Mattress buyers get to try out their new purchases for up to 60 days. The Upper Room also matches any local competitor's verified price for an identical, in-stock item (for up to 30 days after a purchase).

The Upper Room's delivery policy reflects the company's commitment to top-quality service. The store's delivery team provides what it calls "white-glove service" — removing items from their original packaging, thoroughly inspecting and, if needed, assembling them, before installing them properly.

"Nothing makes me happier than helping people settle into their new home," Bos says.



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"Many of our customers contract us to build urban-style houses out in the country," says Jay Meunier, president of Anco Homes. "People want to live outside the city with the modern designs and features normally found only in urban neighbourhoods."

Features such as walk-in pantries, and modern fixtures, cabinets and fireplaces are increasingly common in the houses Anco builds for its rural customers. Open-concept designs — more typical in urban settings — are also popular.

The company currently incorporates these designs and features into the homes it builds in Rockland and Wendover, just east of the city along the Ottawa River. Anco Homes



CONTRIBUTED

is a relatively small firm specializing in one-on-one service throughout the design, construction and after-sales processes.

"Continuity of service is part of what sets us apart," Meunier says. "We get to know each one of our customers well and take great pride in working closely with them to create their dream home. Anco made its reputation building manor-style homes."



CONTRIBUTED PHOTOS

# LUXURY ON DOW'S LAKE

Samcon, one of Montreal's most prestigious builders and developers, along with the Bennett Property Shop Realty, one of Ottawa's premier boutique brokerages, is unveiling its newest project in Ottawa — the Summerhill.

Summerhill is a two-phase development located only steps from one of Ottawa's hottest neighbourhoods, Little Italy, and minutes from the Glebe and Dow's Lake. Phase 1 is a boutique building, which consists of six storeys and only 39 suites.

Unlike highrise condominiums, Summerhill is quaint and intimate, providing you with the opportunity to meet your neighbours. Take one look at these stylish modern condos and you will be impressed with the exceptional level of care invested.

Expansive windows invite an abundance of natural light throughout all the units. Sleek hardwood, large kitchen islands, quartz countertops and stainless steel appliances all create a chic and modern feel.

Your space doesn't end within the four walls at Summerhill — each unit has a large outdoor terrace, roughly 100 square feet, offering spectacular views of Dow's Lake and the city.

Summerhill is truly in the heart of it all. Minutes from downtown, this ideally located building is steps away from transit, Highway 417, speciality shops, world-class restaurants and comedy clubs.

If you love the outdoors you have plenty of activities to keep you occupied. Head out for a jog on the many trails and bike paths located only minutes from your front door. You can stop by the Dow's Lake Pavilion and rent a kayak and tour the city by water. In the winter, strap on some skis or snowshoes and see where the day takes you.

Summerhill offers a wide variety of pricing and flooring plans. One-bedroom suites with 684 square feet start at only \$304,900. The penthouse collection is one of a kind, starting at \$839,900 for 1,496 square feet. These units offer spectacular views of the city, large terraces and spacious floor plans.

For more, visit [summerhilldowslake.com](http://summerhilldowslake.com) and take part in the special VIP opportunity. Register for your chance to choose from one of the 39 luxuries suites. You can also call the Bennett Property Shop Realty at 613-233-8606, or visit its office at 190 Lisgar St.

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## THE BOWERY IN CENTRETOWN

There is a new centre of attention in Centretown. The Bowery Condominiums and Lofts is a contemporary new address coming this fall to the corner of Bay and Gloucester. The Bowery will offer a superb selection of modern suites and lofts and a fine roster of lifestyle amenities, starting with Ottawa's most spectacular rooftop pool and lounge, an elegant party room and a full-fledged fitness centre.

Long before Broadway became Manhattan's signature avenue, Bowery Street was New York's most elegant street, lined with grand theatres, soaring banks and fashionable shops. Its post-industrial revivalist architecture featured a timeless façade of brownstone brick and steel.

That distinctive architecture is the inspiration behind The Bowery Condominiums. At 18 storeys, The Bowery has an impressive street presence. But what makes it remarkable is the palette of different materials used to make a state-

ment of eclectic design.

"We have focused on this juxtaposition of dissimilar materials and textures to demonstrate how old and new can co-exist to the mutual benefit of both," says The Bowery's lead architect Rod Lahey.

Walk through the charismatic entrance doors and you will enter The Bowery's sleek lobby lounge. The space is tall, bright and airy; the ambience sophisticated without being pretentious.

The Bowery's rooftop pool is the ultimate invitation to indulge in sensual seduction. A retractable glass wall opens up during the summer months to the lounging deck with barbecues and Miami-inspired cabanas. Segregated change rooms lead to the pool area as well as a state-of-the-art fitness centre and flex yoga/Pilates studio. The rooftop party room is perfect for hosting small intimate parties or large gatherings. Equipped with a catering kitchen and bar, a private dining area and swanky lounge-inspired design, the Bowery's party room will be the latest "it" place in town.

In recent years, Ottawa has seen a surge of young professionals flocking



COLOURBOX

to Centretown, craving that downtown vibe in a more intimate atmosphere.

Centretown is home to some of the finest outdoor amenities found not only in the city, but in the entire nation that makes this the most desirable new neighbourhood in Ottawa.

The Bowery is a signature condo-

minium from the Richcraft Group, an Ottawa-area builder with a proven reputation for quality construction and enduring value.

Register for a priority preview and be the first in line to view and purchase at The Bowery. Register at [thebowerycondos.ca](http://thebowerycondos.ca) or call 613-695-7577.



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# HOW TO DOWNSIZE TO SMALLER SPACES

Many of us aspire to own a spacious two-storey home on an empty lot. But a sprawling estate home isn't for everyone.

Many people have found that, once the children have grown up and moved away, the family home is far too large for their needs. A few have found themselves obliged to move due to a change in financial circumstances. And a small, but growing, group is interested in decreasing its ecological footprint — this group wants to live within walking distance of work and amenities in a smaller home that requires less energy to run.

Smaller doesn't necessarily translate to more modest. Jewel-box condominiums are incredibly luxurious and inviting, in part because of an intelligent use of space. But using space efficiently takes work.

One frequent mistake downsizers make is the reluctance to part with large-scale furniture. Even the most expensive and beautiful chesterfield will look awkward if it dwarfs the rest of the room. As a rule, smaller rooms are complemented by furniture with slender lines, whether traditional or modern in design. Seek out



COLOURBOX

furniture lines that are designed specifically with smaller spaces in mind.

Storage also presents a challenge. Investing in closet organizers, beds with built-in drawers and pieces such as storage ottomans can make a big difference. One tremendous benefit of purchasing a new home is that you are usually presented with various storage options. If you feel daunted by limited kitchen and

bathroom space, select extra-tall kitchen cabinets and vanities rather than pedestal sinks.

Another important tip is to unload your excess possessions before you move. Difficult as it is, you must be merciless — if you haven't used something in the last year, it should be donated to your local thrift store or sold. For those who have difficulty parting with things, hire a

personal organizer. These professionals are whizzes at simplifying your life.

And then, surrounded only by things you truly love, you can happily welcome the next chapter in your life.

To receive a free copy of a new special report titled *How To Avoid Getting Stuck With Two Homes*, please visit [ottawarealestateedge.com](http://ottawarealestateedge.com)

— Marnie Bennett, broker

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# FIND YOUR STYLE

## FURNITURE CAN TRANSFORM YOUR HOME

Knowing your furniture style can make furniture shopping easier, more time-efficient and rewarding. You may not be a purist in any one style, but getting a fix on your general style is an important first step toward making your house your home.

**1** Casual. Casual styles cater to today's easy-living lifestyles. Think overstuffed sofas, carefree fabric covers, matte finishes and a range of wood including oak, pine, ash and maple. Combined with earthy, neutral colours, textured upholstery and personal keepsakes, casual interiors are spaces of warmth, friendliness and lived-in ease.

**2** Contemporary. Function is the focus. Contemporary encompasses all things simple, streamlined and sleek. Evolving since 1900, the look is modern. Bold colours. Sharp lines. Minimalist patterns. Larger-scale accessories and art pieces are often used to complement metal and glass — setting the stage for refreshing, uncomplicated interiors.

**3** Country. Country-style decors exude welcoming, heartwarming cosiness. Timeworn furnishings, distressed and painted woods, plump sofas and ruffled skirts are reminiscent of the style pioneered by the settlers of North America. Country's hallmarks include pine and oak, rounded and soft cushions, floral prints, bold stripes, gingham and plaid fabric covers. Accent pieces comprise quilts, braided rugs, folk art, antique bottles and jugs.

**4** Traditional. Formal in every sense — symmetric designs, graceful carved curves, rich and mellow colours, dark polished wood and elegant upholstery. The style includes reproductions of antiques made before 1900, such as Biedermeier, Chippendale, French Empire, Hepplewhite, Louis XV, Queen Anne, and Sheraton. Wingback chairs, camelback sofas, damask and chintz fabric covers, cherry and mahogany woods, and Oriental carpets are classic examples of this time-



CONTRIBUTED

honoured traditional style.

**5** Eclectic. Highly individualistic, eclectic interiors feature a mix of compatible styles. Collected objects from around the world, ethnic or artisan pieces

may be highlighted accents. Furniture and textured fabric covers cross styles and periods, while colour is often the common denominator. True eclectic style reflects a unique eye and personal interests.

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CONTRIBUTED PHOTOS

# LONDON HAS A NEW ADDRESS

Perched on the edge of one of Ottawa's most desirable neighbourhoods, the Azure is a condominium that offers the perfect blend of European style and North American convenience.

Created by the award-winning firm PLP Architecture of London, England (in collaboration with Canada's IBI Group), the Azure features a striking design that maximizes accessible outdoor space, natural light and river views.

The Azure's design philosophy reflects the more expansive British and Parisian attitude towards urban living, with families living in large downtown flats. The result is a more genteel and gracious style of living with spacious layouts separating private and public space.

"We agonized over the layouts," says John Thomas, managing director of Azure Urban Developments Inc. "My partner Mitch Kitagawa and I taped them to scale on the floor and walked through them to ensure that each unit flowed just right."

The interiors reflect a cosmopolitan yet modern vibe and meticulous attention to detail, and use top-quality materials. Units are richly appointed with floor-to-ceiling, wall-to-wall windows, choice of hardwood flooring, pocket doors and sliders, ensuite baths and walk-in closets. The kitchens feature a variety of custom cabinetry options, natural stone countertops and stainless-steel undermount sinks and appliances. Environmentally friendly features include energy-efficient appliances and windows, and low-VOC paint.

The Azure's below-market pricing is particularly attractive to value-conscious Ottawa condominium buyers. One-bedroom condos — modelled after a five-star hotel project in Kuala Lumpur and unlike any other space in Ottawa — start at \$265,000, below market prices. The fully furnished and built-out model suite has been a big draw for buyers.

"These are some of the best one- and two-bedroom residences in Ottawa in a building that could just as easily be situated on the banks of the Thames," Thomas says.

"The Azure is absolutely stunning," says Kelly LaPointe, who reserved earlier this year. "I knew the moment I walked through the door I wanted live in one of their suites."

"I have been looking for a condo for seven years in Ottawa," says Michelle Devaney.

"And until the Azure, I was never able to find the design and quality that met my needs. My biggest issue was deciding which unit I wanted for my own."

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# Senators jump into life without Alfredsson

**NHL.** Training camp kicks off without familiar face of longtime captain

For the first time in 18 years, longtime captain Daniel Alfredsson wasn't on hand for the start of the Ottawa Senators' training camp.

The Swedish forward signed with the Detroit Red Wings as a free agent in July, ending his long run in the nation's capital. His former teammates said they were sad to see him go, but it's time to move on.

"It will be a change without having Alfie around, but like I said earlier we expected him to sort of be near the end so it's not a huge shock for us not to have him here," said forward Jason Spezza. "We thought it would be because he was retiring and not moving to another team, but we knew eventually the void would have to be filled."

Alfredsson's departure was one of the main talking points as players took part in physicals and fitness testing on Wednesday.

"It's been talked about so much and I know I've talked about it so much that it doesn't really seem like today has any impact on him not being here," Spezza said. "It will be different a little bit, but in hockey you're used to guys moving on and having lots of change."

Longtime Senators defenceman Chris Phillips also weighed in on the Alfredsson topic.

## M.I.A.

As players arrived for the start of NHL training camps, the bigger focus was on those who didn't report.

- In St. Louis it was defenceman Alex Pietrangolo, in Toronto defenceman Cody Franson, in Ottawa defenceman Jared Cowen, in New York centre Derek Stepan and in Buffalo centre Cody Hodgson, all restricted free agents without contracts.

"Obviously he was a huge part of this organization, gave back a ton to the city and it's a big deal not having him around, but the extent of it is us having to answer questions," he said. "We've moved on, we have to move on and look forward."

While many players were close to Alfredsson, his absence might have the greatest impact on Erik Karlsson.

The young defenceman was extremely close to Alfredsson and his family. He even lived with them as a rookie and viewed the older Swede as a mentor and close friend.

"It's going to be a big hole to fill and on a personal level it's going to be tough," said Karlsson. "It's going to be a big change, but at the same time it's an opportunity to grow and maybe take some of that advice you got from him and give it to someone else."

THE CANADIAN PRESS



Chris Phillips takes part in physical fitness testing on the first day of Senators training camp on Wednesday.

SEAN KILPATRICK/THE CANADIAN PRESS



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# Royals close in on wild-card throne with 6-2 win



Kansas City pitcher James Shields allowed four hits, struck out seven and walked one on Wednesday against Cleveland. JASON MILLER/GETTY IMAGES

**MLB.** Alex Gordon homers on first pitch versus Cleveland

The Kansas City Royals believe they are in the American League playoff chase to stay. They might start convincing others, too.

The Royals gained ground in the wild-card race on Wednesday with a 6-2 win over the Cleveland Indians. Kansas City took two of three in the series between clubs that are in contention for the second wild-card spot in the AL.

The Royals, who entered

## Playoff pursuit

**"These guys know what it takes. They know how to win."**

Royals pitcher James Shields on his team's resilience throughout the 2013 season

Wednesday trailing Tampa Bay by three games, moved a game closer to the Indians. Cleveland came in 1 1/2 games behind the Rays.

"To come in here and win a series against a tough Cleveland team was huge for us," Royals manager Ned Yost said. "Especially considering where we are at this point of the season. Losses hurt now. You've got to try to really keep them at a minimum if you can."

Alex Gordon homered on the game's first pitch, and James Shields dominated after a shaky first inning for the Royals, who have won 13 of 18.

The Royals had a home run, a triple and a single within the game's first seven pitches to take a 2-0 lead. Kansas City added another run in the first inning.

Shields (11-9) gave up two runs, two hits and hit a batter in the bottom half before he took control, striking out seven.

THE ASSOCIATED PRESS

## Olympics. New IOC leader wants more participation, less big business in bids

Newly elected IOC President Thomas Bach made it clear Wednesday that he wants to change the bidding process for future Olympics and to make sustainable development a key priority.

In what could be seen as a reference to discontent in Brazil at the spiralling cost of two major sporting competitions — the 2016 Olympics and the 2014 World Cup — Bach said he wants the populations of potential host cities to "be part of the candidature at a very early stage" to ensure "more

participation and support."

Bach added that he believes the current bidding system asks for "too much, too early" and leads to predictability, rather than creativity.

"We approach potential candidate cities like you would do in business.... All the bid books are written by the same people around the world — you get the same answers," he said.

On Saturday, Tokyo was selected to host the 2020 Summer Olympics, fending off rival bids from Istanbul and Madrid.

THE ASSOCIATED PRESS

## NFL

### Suh not shook by \$100,000 fine

Detroit Lions defensive tackle Ndamukong Suh says he isn't going to change what he does on the field.

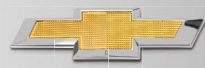
And he's appealing his latest fine, too.

Suh was fined \$100,000

for an illegal block on a Minnesota Vikings player in the Lions' season-opening win last weekend. It is the NFL's biggest monetary fine for on-field conduct, not including the dollars lost by players due to suspensions.

"I'm going to continue to play hard, blue-collar football," Suh said.

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## Horoscopes

### Aries

March 21 - April 20

If you're not in the mood for work then don't push it. Your perspective on life is changing and because of that you may find it hard to focus on one thing at a time. It's no big deal.

### Taurus

April 21 - May 21

Anything of a serious nature should be left until tomorrow or even the weekend because you won't be able to give it your best shot today. Come tomorrow, you may decide it's not worth any kind of shot.

### Gemini

May 22 - June 21

A domestic problem requires a solution and the only way you are going to find it is by giving the situation your full attention. Don't let sob stories steer you away from the truth.

### Cancer

June 22 - July 23

Let everyone know what you think and let everyone know that you are not the sort who can be easily fooled. A positive, confident attitude will work wonders today, even if you are trembling a bit on the inside.

### Leo

July 24 - Aug. 23

You are worrying too much about your finances. Yes, of course, you have bills to pay but dwelling on it won't solve your cash flow issues. Get out there and make some money.

### Virgo

Aug. 24 - Sept. 23

It may at times seem as if the world is a hostile place but it's not as bad as you think. Make an effort to see the good things, and good people, around you today. You'll feel better on every level.

### Libra

Sept. 24 - Oct. 23

Whatever your aims in life, the most important thing you can do right now is make others happy. You have a gift for making people smile. Use it.

### Scorpio

Oct. 24 - Nov. 22

No matter what bad things may be going on in the world, you are fortunate enough to be surrounded by people who genuinely care for you. They think you're special, and you are. Treat them special, too.

### Sagittarius

Nov. 23 - Dec. 21

Don't let others' negativity rub off on you. You do best when you are cheerful, so steer clear of those who seem to enjoy wallowing in despair.

### Capricorn

Dec. 22 - Jan. 20

A small act of kindness on your part will make a big difference to someone you interact with today. Don't just go through the motions. Connect with them. It's about being human.

### Aquarius

Jan. 21 - Feb. 19

Sometimes you take life too seriously and that seems to be your main problem at the moment. Yes, of course, things could be better but, on the other hand, are they really so bad? It depends how you look at the world.

### Pisces

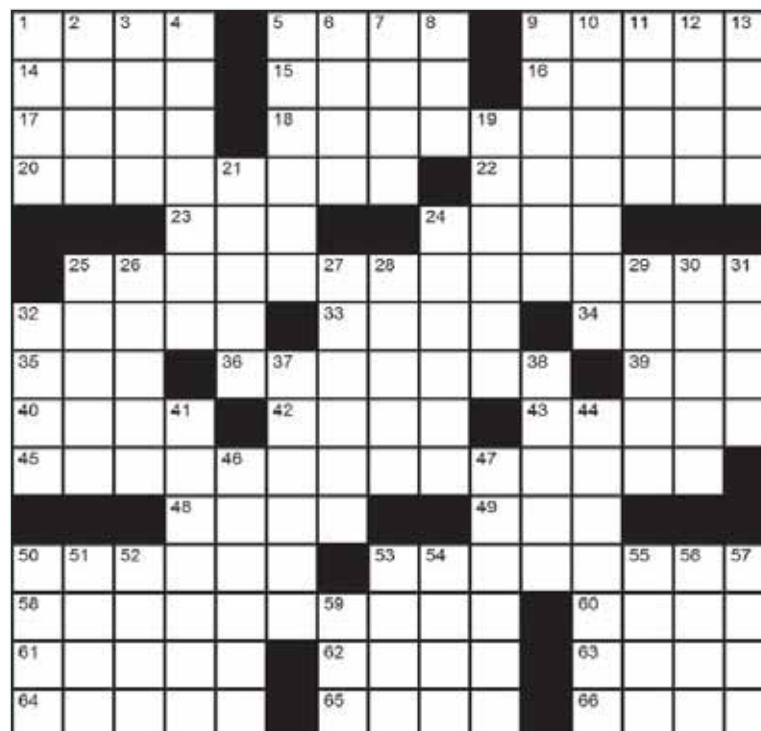
Feb. 20 - March 20

A loved one's words may be jumbled and hard to understand but make the effort anyway because once you "get" the message they are trying to convey, you will see how relevant it is to you. Listen and learn. SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Orange covering
5. Shoe type
9. Feigned flattery
14. Interest
15. Famous spy, Mata
16. (Not difficult school course, in slang)
17. "Say it \_\_\_ so!"
18. 1997 Radiohead album: 2 wds.
20. Cuisine of Quebec: Tourtieres are what?: 2 wds.
22. In jeopardy: 2 wds.
23. Suffix with 'Auction'
24. Unfeigned
25. Beginning of Longfellow's poem Evangeline: A Tale of Acadie... "This is the \_\_\_"
32. Cock-a-doodle-doo time
33. Goo Goo Dolls hit
34. Singer Ms. Mouskouri
35. Switch selections
36. Triangular spicily-stuffed pastries
39. Single
40. Many a moon
42. Ho Chi \_\_\_ City
43. Lazybones
45. Garlic press, and others: 2 wds.
48. Phoned
49. Texter's "Are you serious?!"
50. Happen



53. Band that covered Joni Mitchell's song "This Flight Tonight"
58. Type of agent: 2 wds.
60. Repeat
61. The J. \_\_\_ Band
62. Cosmetics company
63. Actress Ms. Gray

64. Accounting firm, \_\_\_ & Young
65. Sprightliness
66. "You \_\_\_ My Battleship!"

### Down

1. Refined
2. Informality
3. Famous volcano

4. \_\_\_ (What 'Flavour' in Canada has that 'Flavor' in The States doesn't)
5. Sunday performers
6. Toronto's water, \_\_\_ Ontario
7. Creatures of folklore
8. Armani fragrance,

- Acqua Di \_\_\_
9. Nose part
10. Ms. McTeer (Wife of 16th Prime Minister Joe Clark)
11. Sparkling wine city of Italy
12. Whiskey grains
13. Mr. Wahlberg
19. Ms. Tomei of

- movies
21. Friends, in slang
24. Country songstress Ms. Yearwood
25. Mushrooms, as examples
26. Commencement
27. "Bad \_\_\_" by Blue Rodeo
28. Pitchfork part
29. Bank safe
30. Author Ms. Rice's
31. Hideaway
32. Drench
37. Betters
38. Greek alphabet's 'S'
41. Monk's manuscripts
44. Donald Sutherland movie, "Six \_\_\_ of Separation" (1993)
46. Most hearty
47. Amounts in egg cartons
50. Cheer on
51. Not ever, poetically
52. Gladly
53. Place for pews
54. Perched on
55. Stockings shade
56. Watered down
57. Use the car's horn
59. Pencil's noise-on-desk sound

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



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**Friday**

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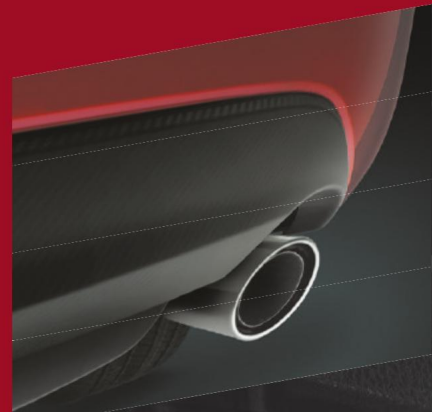
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